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Savvy Times

ISSUE 30, FEB 2011



SPRING TIME ON THE MURRAY

*Ride among centuries-old Red River gums
with Australian Parelli students*

Building A Better World

**Start a Relationship to
Develop a Partnership**

Problems Versus Progress

The Official Magazine of
Parelli Natural Horsemanship

*Now
Available!*



Introducing Parelli Connect *our new online campus!*

We are really excited to announce this new interactive customer site will be available to all Savvy Club Members as an additional benefit to your membership! Here's how this new site will keep you connected:

- ▶ **Connect your horse(s)** -- Social walls for both you and your horse to share your horsemanship progress updates with others. Choose the humans and horses you want to follow, including Pat and Linda's horses!
- ▶ **Connect with Parelli people** -- Effortlessly discover other members in your area and around the world
- ▶ **Connect with success** -- Succeed in progressing through each of the four levels of the Parelli home study program by completing tasks provided for you and your horses based upon the Parelli Pathways DVDs. Achieve automatic self-certification as you complete each level of detailed tasks.
- ▶ **Connect with motivation** -- Share your horsemanship journey with like minded friends. Enjoy encouragement and support from posts and comments and your horses social wall for your achievements together.
- ▶ **Connect with inspiration** -- See the updates from everyone around the world or just the people you are following. Gain insights from following other members and horses updates.
- ▶ **Connect with fun** -- Use your personal wall to share social updates and pictures. Keep up with what other people write for you on your wall too.
- ▶ **Connect with learning** -- Watch Parelli educational videos, curated and provided to suit your level.

Log on to www.parelliconnect.com today!



◀.... Everyone's Updates

Find other Parelli practitioners by level and/or location and keep up with what's happening with other members and their horses!

Your Wall▶

Post your updates and enjoy social conversations with other Parelli customers. Upload your pictures to share with others and keep up to date with posts from other people posting on your wall!



◀.... Your Horses Wall

A companion set of tasks for each of the Levels Pathways DVDs is provided for you to tick as you complete them with your horse, in addition to posting your horse's updates associated with a particular savvy and time spent training. Its the perfect companion to help direct your horsemanship journey while sharing the experience with others.





LETTER FROM THE EDITOR



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Every day here in Parelli Central, we hear from students whose lives — and horses — have been transformed using Parelli Natural Horsemanship. But just as Parelli is way more than riding, it's also more than just horsemanship techniques. We think that what makes our program truly unique is the sense of community and camaraderie that exists among Parelli students. This all began with Pat and Linda, but it's become so much more. It's about you and your growth; it's about your horses and their stories; it's about where you've been and where you're going; it's about all the people who are walking alongside you, sharing the journey. Everyone who studies, teaches and promotes Parelli worldwide is an important part of what "Parelli" means, and it's why we're beginning the new year with a new slogan that we think explains it all perfectly:

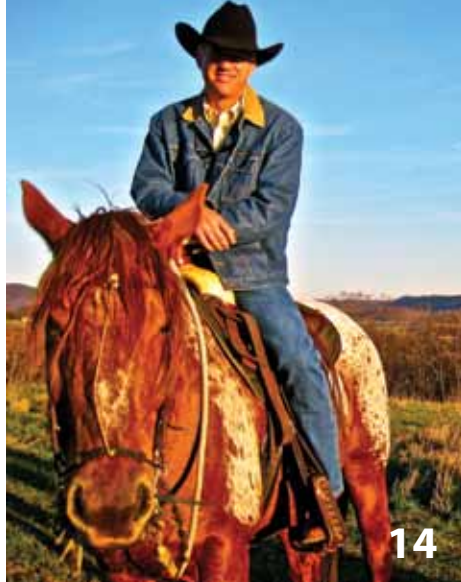
We Are Parelli.

Our first Rendez-vous event, held in Florida last fall, put the focus on you and your horsemanship, and it's just a taste of things to come. We also hope to help you form new friendships and revive old ones with Parelli Connect, our new online campus and social networking website. Log on to access task lists that will keep you progressing with your horses, videos and other exclusive educational materials, and thousands of like-minded people with whom to share your trials, triumphs and travels through the wonderful world of Parelli. (For more on what Parelli Connect is all about, and a few tips on getting the most out of it, see the article on page 12.)

One of the things I enjoy most about editing this magazine is the chance it gives me to connect with each of you, and Parelli Connect is a big part of that. But I'm also eager to share your stories right here in the pages of *Savvy Times*. If you have a tale to tell, please get in touch with us at [**savvytimes@parelli.com**](mailto:savvytimes@parelli.com). We also have a new feature in place of our Member Profiles: we're now taking a look at your equine companions in our Partner Profiles. Have a look at the format and meet my horse Juno on page 28, and then email us with your horse's story!

We're already having an exciting 2011 here at Parelli, and we're so pleased that you're sharing your journey with us. We'll see you on the road!

Mackenzie Kincaid



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Savvy Times™

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Cover photo by Yvette Fenning from "Spring Time on the Murray," pg 26

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Huge thanks to all the members of our worldwide team, who do their best to be “the best me that they can be” every day. We value their commitment to supporting horse lovers worldwide in whatever way they can.

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CORRECTION: In our list of Licensed Parelli Professionals in our November 2010 issue (“Parelli Professionals Worldwide,” p. 18), we incorrectly listed Antioch, Illinois instructor Ted C. Axton as a 1-Star Junior Instructor. Ted is in fact a 2-Star Junior Instructor; we apologize for the error.



News

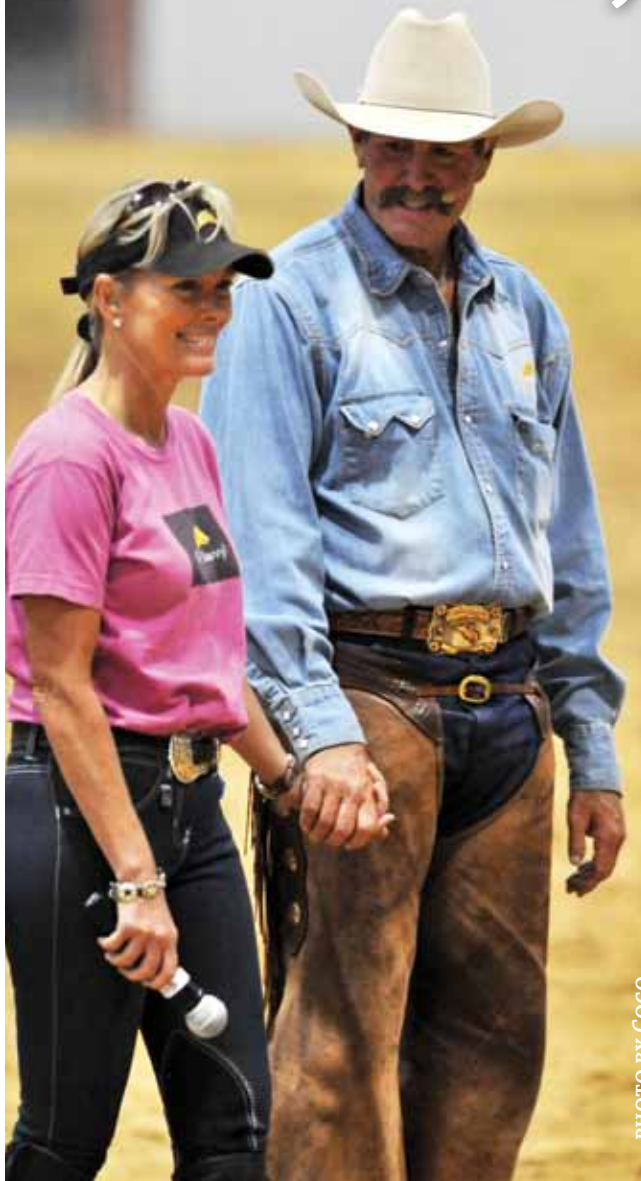
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PHOTO BY COCO

Dear

by Linda Parelli

FRIENDS,



The last few months of 2010 got pretty hectic! Right after we got back from the World Equestrian Games, Walter Zettl was here to coach us, we had our first ever Rendezvous, dove right into an Open House, poor Remmer got hurt and my new course The Game of Contact launched. We suddenly were able to accept an invitation for Pat to speak at the 3rd Annual International Dressage Forum in Portugal, and on the way there to stop in Italy and support our instructors at the Verona Horse Fair. Soon after we got back, it was off to Las Vegas to support the Cowboy Crisis Fund and a very exciting concept called Parelli Connect was launched. Here are a few more details...

International Dressage Forum, Lisbon

The invitation came by phone call when we were in England in July, during our Savvy Club Sunday seminar at the Festival of the Horse. Mariette Whitages, "O" Judge and former president of the FEI Dressage Committee asked if Pat would be interested in presenting his concepts. It was a very exciting moment — especially for me because of my love for dressage — but it took awhile before everything fell into place and we could actually go.



Pat and Sven Rothenberger share iPad family photos

The first evening dinner was quite surreal for me as I sat at the dinner table with dressage stars from the '80s and '90s such as Kyra Kirklund, Sven Rothenberger, with Mariette, Olympic Judge Wojtek Markowski, and Hans Riegler formerly of the Spanish Riding School in Vienna. The following days we met Daniel Pinto who runs the Academy where the event took place, and watched skilled riders and beautiful Lusitano horses in action. And probably the most fun surprise for me was to see Miguel Tavora's name on the presenter's list. I had met Miguel (a long time friend and



Quing was reactive and skeptical at first

student of Nuno Olivera's) many years ago in Sydney and it was fun to reconnect.

Pat and I put together a presentation focused on The Happy Athlete, after which he played with a magnificent Lusitano stallion that was afraid of the lunge whip. And you all know how that turned out... in a very short time the horse was calm and attentive, as was the audience. We especially struck up a nice relationship with Sven and hope to see him in the future as he mentioned how he'd like to bring his children over to learn from Pat — they are already competing successfully.

Verona Horse Fair

Our team of passionate Italian instructors asked us if we could stop in on our way to Portugal and within a week drummed up fantastic publicity for Pat's appearance at the Verona Horse Fair. The crowd went wild when the Savvy Team entered the arena, and then Pat rode one horse and played with another to demonstrate his message of how horses connect and learn. It was a dramatic and educational seminar and to a crowd that was obviously fairly well educated by our instructor team there!

Outside of horses, we had some divine Italian food and were treated to a tour of the Ferrari Museum nearby. It was a wonderful and diverse couple of days!



Pat and Linda visit the Ferrari Museum

Zetl Lessons

Learning from the great Walter Zetl is such a privilege. The more time we spend together, the more we see just how closer our philosophies are... and the more we understand the roots and true principles of dressage. We staged the lessons down in the bottom corner of the playground and Walter was ecstatic. He encouraged us to

ride in and out of the arena, playing with the horses as we developed more precision and collection — just how Pat likes to teach us to train horses! It was special for me on two accounts: one being that it was the last time I rode Remmer with Walter before he got injured, and I had one of the best lessons ever. Remmer was electric; it was so much fun. The other is that Walter was very complimentary of my progress with West Point and he watched me alleviate West Point's phobias and deal with the problems that came up here and there. On the last day Westy gave me some super transitions and lovely big stretches, and Walter was ecstatic.



Remmer's injury

In my blog about Remmer's mishap, I titled it "Things Change" (<http://bit.ly/ihd0i8>) and talked more about how I mentally and emotionally condition myself to cope with something as awful as Remmer severing the tendons on his right hind leg. I say that because I don't want to make a fuss and feel sad because somehow, in the end, life is perfect. You can read the details on Remmer's Wall in Parelli Connect (<http://bit.ly/f9YeS7>), and in my blog, but most importantly I want you to know that Remmer is doing extremely well. He is bright, his rate of recovery is astonishing, and we will take it a step at a time. I know he'll be back in the pasture biting and dominating his buddies before long, but whether he returns to full performance is unknown at this time and, frankly, not important. He has earned his retirement and leaves the scene as a superstar.

I have learned so much from this horse and continue to do so, and I really value all the beautiful words of support and love you have sent us during this time. Somehow, I don't think Remmer is done teaching me.

First Parelli Rendez-vous

Pat has been scheming on this event for a long time and the first Rendez-vous was a great success. The Rendez-vous attracted some 1500 students from all around, with about 100 of them bringing their horses to appear in demonstrations, Parelli Games and Spotlights. We had a selection of booths, forums each morning and impromptu demos and presentations from instructors, Parelli Saddles, Pat, me, and even Caton and Pat's dad! Probably the best part was the relaxed atmosphere and for us to be able to stroll around and mingle, it was such fun. Judging by the response this is definitely something you're going to see more of in the future, something that is your event and that will be happening all over the world. In 2011 we have Rendez-vous events planned for Redmond, Oregon and another in Jacksonville, Florida (see the events listing on pg 22), and hopefully many more to come. Stay tuned!



Kalley Krickeberg's demonstration with Zeus and two Gypsy horses was a crowd favorite at the Rendez-vous

Open House

Just one week after the Rendez-vous, we opened our Florida campus for the Open House. Over 300 people came for a warm, sunny day to watch students and mastery students in action, see the facilities and meet instructors and faculty. The Open House is a great way to come see what it's all about.



Game of Contact Course

Since making the breakthrough with my horses, I set about testing this unique approach to riding horses with contact by teaching as many different horses and riders as I could. I was looking for it not to work, but that never happened. It also was clear that I needed to run a course on this, so after selecting a handful of riders, we staged this three-day course. We also opened it to Parelli Professionals, many of whom flew in from all over to study how to teach it and then ride with me on the days afterwards.

The course began with a presentation that explained the concept and then gave lots of visual examples to educate the eye and compound the principles that it is about way more than the bit. Contact involves the nose, neck, feet and the back of the horse, and the rider has to learn about the psychology of making it a game while teaching the horse. It was an intense three days, but full of fun simulations and watching the changes in the horses and riders was very exciting. I think the best feedback I got some days after the course was how it has affected the relationship in ways that were not expected: "My horse meets me at the gate, no more catching game." "I'm thinking very differently, just picking up my lead rope I'm doing it with more feel," "This is the first time my horse has relaxed when ridden with contact."

I know this is a big breakthrough for Level 4 and beyond, but there are elements I'm looking at teaching that will help you develop more feel... it's about way more than riding with concentrated reins.

Viva Las Vegas!

Pat was proud to give back when invited to do some demonstrations at the South Coast hotel in aid of the Cowboy Crisis Fund. While the crowds were not big, the



people were generous in their contributions as we passed the hat. It was also great to meet students from all over the USA who came for the National Finals Rodeo, or especially to see us.

Pat and Performance

Pat and Caton have had a lot of fun competing in Reined Cow Horse and Cutting events with a number of their horses: Peppy, Skyline, Magic and Vision have been Pat's main partners, and Caton has had a ball (and success!) with Mango, Liberty and even his young horses Liberty Bell and Coconut. Pat's competition activities have been on hold since the 1980s, and having a focus for developing performance horses is something he's putting to good use in establishing his performance barn for training higher level instructors and mastery students with competition goals. With both a Western and English team (under the direction of Lauren Barwick), the Parelli competition team has been making quite an impact in the region, with their winnings and especially with their horsemanship and helpfulness. You can keep up with the progress on Parelli Connect and Facebook!

Parelli Connect

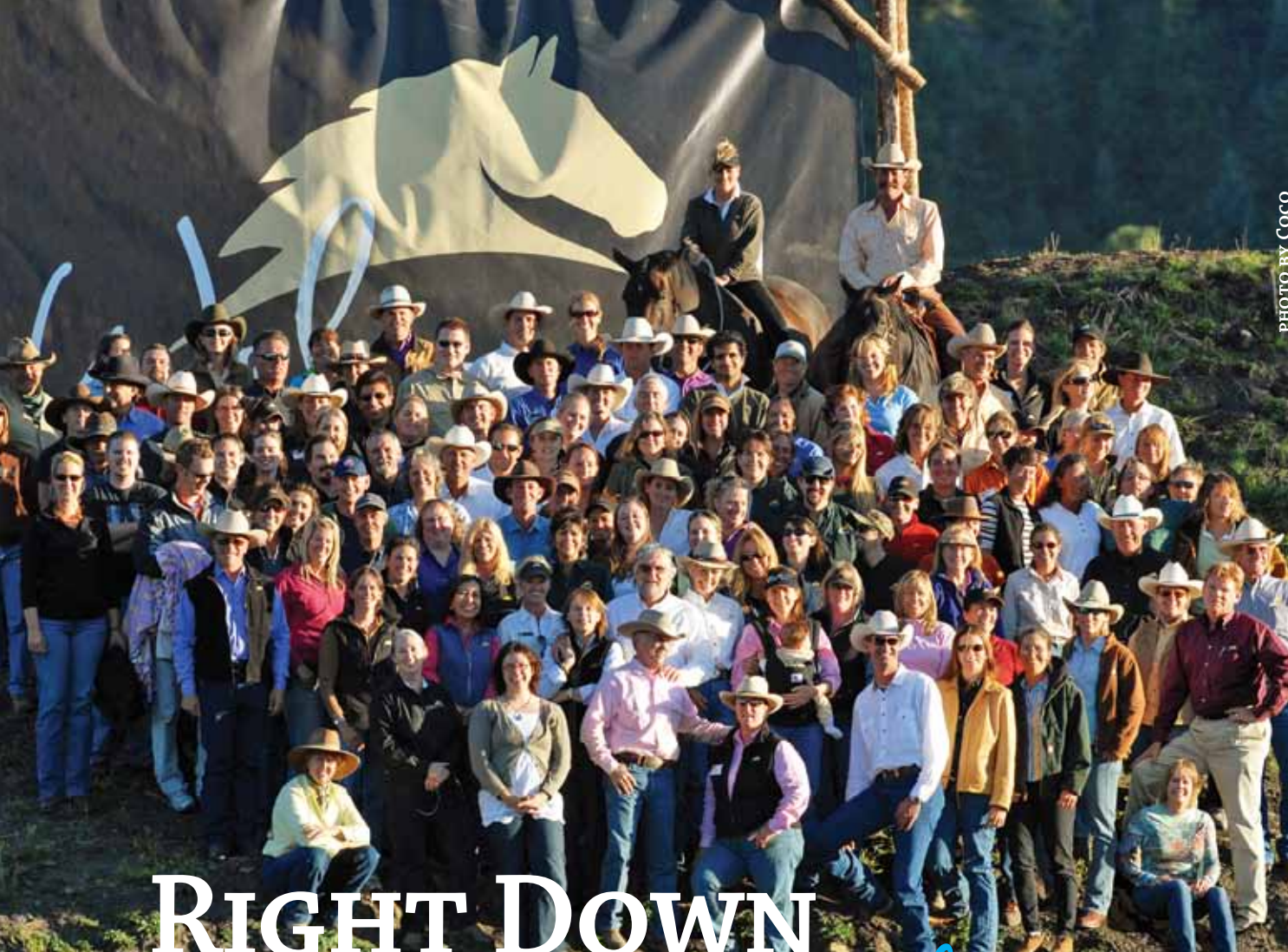
And finally, we launched something our organization has been working on for a long time: Parelli Connect, the first step in the future of the Parelli Program and our new online campus. Parelli Connect will help you advance your horsemanship, keep track of your tasks and goals, and give you instant access to educational materials, all while creating a forum and online community for Parelli students all over the world. (For a look at what you can do with Connect now and what's coming in the future, see the article on pg 12!) Watch as things unfold over the months to come, Pat and I are loving sharing our news with our horses and we have some very exciting things in store in 2011.

Here's to a fantastic 2011... more savvy, more happy horses and humans. See you at one of the Parelli signature events!

Yours naturally,
Linda



PHOTO BY COCO



RIGHT DOWN to the Core

by Mackenzie Kincaid

Big ideas are nothing new to Parelli — we've always turned conventional wisdom on its head as we've strived to help our students find the best in themselves and their horses by putting the relationship first, pursuing never-ending self-improvement, and keeping it natural. But if you thought it was difficult to hold up those ideals with horses, you should try it with humans!

There's a cultural revival happening within Parelli now, and we're excited to be able to share a little bit of that energy with you. In 2010, Pat, Linda, and other members of the Parelli leadership team visited Zappos in Las Vegas, Nevada. Zappos is best known as an online retailer of shoes... hardly the first place you'd expect to find leading the way to a revolution in corporate culture. But that's exactly what Zappos is all about, and a tour of operations at Zappos has helped to inspire the Parelli leadership team to seek a new direction in our own business.

We've begun with crafting a set of Core Values to be the tenants of our interactions not only with our students

and members, but with each other, with our vendors and business partners, and with everyone else we meet. In much the same way that Pat's 8 Principles give us superb guidance in building a strong relationship with our horses, we're using these Core Values to help us build stronger relationships with each other.

Becoming a better organization is an ongoing process, so we expect our Core Values to change, as we find what works for us and what doesn't, and as we work to define who we are as people. The list you see at right is version 3 of our Core Values, and we expect many more versions to come, but in the meantime we're all working together to define what these values mean to us, how we can put them into practice, and what we can do to build stronger ties to our friends, associates and students.

We hope that you'll find ways to put these principles into practice yourselves, and we'd love to hear your thoughts! Email us at parellicentral@gmail.com and let us know what you think! 🐾



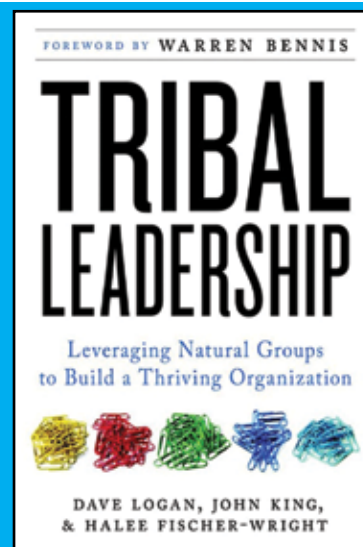
Put the Relationship First
 Be the Best Me That I Can Be
 Get it Done, with a Little Fun
 Exceed Expectations
 Embrace Never Ending Self-Improvement
 Do More With Less
 Be Humble
 Truth, Transparency & Trust
 Keep it Natural

BOOKS WE SAVVY

Just like Pat has taught us to think in categories and sequence with our horsemanship — Rapport, Respect, Impulsion and Flexion — Tribal Leadership takes a similar approach in helping to understand the stages, both good and not so good, that inevitably all families and teams experience. Most importantly, it shares in simple terms what to do to dramatically improve these group dynamics; in essence it explains “herd psychology” for humans.

This book is having a huge effect on everyone at Parelli. While we certainly don't profess to have it all worked out, as a team committed to our relationships, both horse and human, we are really excited at the clear pathway that Tribal Leadership offers. We would love for you to join us on this journey and would very much like to hear about your discoveries and feedback. — Neil Pye

To purchase Tribal Leadership in hardcover, visit (URL). For a free audiobook download, visit www.culturesync.net/tribal-leadership-audio-book or to find out more, visit www.triballeadership.net.





ARE YOU

Connected?

by Mackenzie Kincaid

By now, we hope you've made your way to our new online campus and social networking website, Parelli Connect. As the name implies, this new site is designed to keep you connected — to all of us here at Parelli, to students and instructors near you, and to your horses. With features including instructional videos, member search, horsemanship tasks and tracking of time spent with your horse, there's plenty to do on Parelli Connect and plenty of ways to have fun while advancing your horsemanship. Not to mention all the great conversations you'll have with other members across the world! There's much more to come, with great new features on the way; here we give you an introduction to the basics of Parelli Connect, how to start using the site right away, and a look at what to expect in the future!

Include your Horse(s)

You'll have social walls for you and your horse(s) to share your updates and training progress with others. Choose the humans and horses you want to follow, including Pat and Linda's horses!

Learn what tasks you need to do

Succeed in progressing through the levels of the Parelli home study program by completing tasks provided for you and your horse(s) based upon the Parelli Pathways DVDs.

Connect with New Friends

Effortlessly discover other members by horsemanship level and location. Keep up with what's happening within the Parelli community and in your local area.

Connect with Motivation

Share your horsemanship journey with like-minded friends. Enjoy encouragement and support from posts and comments and your horses social wall for your achievements together.

Connect with Inspiration

You'll gain valuable insights from following the horsemanship progress and updates made for members' horses around the world and in your area. Watch Parelli educational videos, curated and provided to suit your level.

Connect with Fun

Use your personal wall to share social updates and pictures. Keep up with what other people write for you on your wall too, and post pictures of what you and your horse have been up to!

Coming to Connect in 2011!

- Apps for iPhone, iPad and Android
- Facebook and Twitter integration
- Expanded digital video vault
- Enhanced photo viewer with tagging and commenting
- Video uploading for assessments
- Streaming educational DVDs
- Email update notifications
- Share favorite pages and links on your wall
- Share and transfer horse profiles
- Automatically advance in Levels as you check off tasks

Logging In

If you haven't logged in to Connect before, you just need to claim your account. Go to **www.parelliconnect.com** and click on the big gray button that says, "Existing Savvy Club member?" You will be prompted to enter your Savvy Club user name and password — the same ones you'd use to log on to the regular Savvy Club website. (If you have trouble getting those to work, you can click on "I have forgotten or don't know these details," and sign in using your member number and zip code.) You're in!



A Word on Passwords

The passwords for your Savvy Club account, Parelli webshop account and Parelli Connect account are all linked together. That means if you change your password in Parelli Connect, you'll need to use your new password to sign on to the Savvy Club and webshop too, and vice versa. Passwords are case sensitive, so make sure your capslock is turned off!



Find Your Friends!

You can search for members in your area from the Home Wall. Just use the pull-down menus to search for students who are at a specific Level, and specify how far afield you want to search. If you're traveling and want to find folks away from your home area, click on "reset area" to search a different locale. If you're looking for a specific member, you can also search by name by clicking on the "Members" tab.

Post On Your Horse's Wall!

When you play with your horse, write your updates on your horse's own "wall" by clicking My Horse and then choosing which horse you want to talk about. This helps to keep your notes separated when you're playing with multiple horses and allows you to track the time you've spent working with that particular horse. When you set up a wall for each of your horses, the system will also prompt you with suggested tasks specific to each horse. So for instance if you've graduated Level 3 with your first horse, you'll be prompted with Level 4 tasks on his wall, but that yearling colt you're just starting to play with will show Level 1 tasks on his wall.



Start Saving Your Savvy Hours!

On your wall and your horse's wall, you'll notice a number labeled "Savvy Hours." This helps you keep track of the amount of time you've spent with your horse. To start accumulating Savvy Hours, go to your horse's wall and enter an update. You have the option of specifying which Savvy you worked on, and what amount of time you spent — the time that you enter on your various updates is automatically added up to determine your Savvy Hours. You can even attach a photo showing what you played with! 🐾



BUILDING A

Better World

by Tim Sullivan

The Parelli Foundation is a non-profit created to help the world become a better place for horses and humans. If you practice Parelli Natural Horsemanship, then you are familiar with how “Love, Language, and Leadership” have made the world a better place for you and your horse. With your support, we can help others know the life changing experience of true partnership and trust between horse and human.

The Parelli Foundation is active in supporting horse rescue centers by providing hay to feed these horses in need. We also sponsor Parelli Professionals to train rescue staff and volunteers; this education helps to ensure the humane treatment of the rescued horses and the safety of the staff and volunteers. The Parelli Natural Horsemanship method creates a solid foundation for each rescued horse and therefore gives them a better opportunity to find their forever home.

With your help, the Parelli Foundation works with public and private schools to educate children in the concepts of mutual respect and personal responsibility. Qualified Parelli instructors — and their horses — present programs that emphasize the principals of “Love, Language, and Leadership” using natural horsemanship. The Foundation also works with at-risk youth and underprivileged children’s camps. These “hands on” programs are designed to transform relationships between horses and humans and teach children the tools to build healthy relationships.

Gifts to the Parelli Foundation also help fund therapeutic riding programs, promoting the use of Natural Horsemanship for persons with physical and mental disabilities. From autistic children to veterans to Gold Medal paralympians, your gift to the Foundation will help enable these riders to overcome challenges by helping to eliminate financial barriers.

The Parelli Foundation provides scholarships to students that have the desire, qualifications, and talent to become Licensed Parelli Professionals. In the past three years, 400 students have received over three million dollars in scholarships. Through the Foundation and the generosity of Parelli supporters, hundreds of natural horsemanship students have reached their full potential as independent certified Parelli Instructors. This certification gives each instructor the freedom to follow and fulfill their personal goals and ambitions.

Through years of charitable giving, Parelli has quietly enriched the lives of hundreds of horses and humans, but we want to do more. Now with the official launch of the Parelli Foundation we invite you to join our cause and multiply our efforts. Together we can help the world become a better place for horses and humans. 🐾

In upcoming issues of Savvy Times we’ll bring you more information and news about the Foundation, plus a website is coming soon, with more information on how you can help!



FUNDRAISING ON THE APPALACHIAN TRAIL

by Kim Kindred

At the recent Performance Summit in Pagosa Springs, Colorado, Pat Parelli strongly encouraged all of us to do his thing our way. My husband, Bruce, and I have been doing exactly that for the past 10 years. We run a guided trail riding business in rural Pennsylvania at the base of the Appalachian Mountains where all of our trail horses are taken to Level 2 or above, and then we in turn teach the riders all about Parelli. They get to experience our breathtaking views while enjoying the company of our quiet horses and learning about Parelli Natural Horsemanship.

In our endeavor to always make our good better and our better best when it comes to horsemanship, I decided four years ago to pursue becoming a Parelli Professional and after finishing my externship, achieved my 1-Star rating in May 2010.

Pursuing this education was quite challenging financially, since I was unable to apply for student loans or grants. I was so excited when I heard about the Scholarship

Program! I thought it was just what Parelli students needed. Pat asked all the instructors at the Performance Summit if we would be willing to do some type of fundraiser for the Scholarship Fund. I immediately thought of doing an organized trail ride!

I talked to Tim Sullivan, director of the Parelli Foundation, that evening. When I arrived home, I spoke to my husband, who was very excited about participating in the fundraiser. November 13th was picked as the date and the campaigning started. Although we only had a little over a month to prepare, the responses were positive and we had a nice turn out. Better yet, we had an unusually warm and beautiful November day!

There were both Parelli students and non-Parelli students attending. All of us enjoyed a nice lunch while Tim spoke about how Pat is changing the world for both horses and humans and how the scholarship fund was set up to help accomplish that goal. After that we were off, playing with our horses and getting them ready for the four-hour ride ahead of us. Fellow instructor Jeanne DeVries (from New Jersey) and I helped riders where they needed it. Overall, it was relaxing and enjoyable for all and a win-win situation for Parelli!

We heard repeated comments from different attendees how wonderful it was to see everyone getting along and all the horses being so well respected. We raised \$1,000 for the scholarship fund and everyone had fun doing it! Since it was planned so quickly, I had many "regrets" that people could not attend. They were all asking when I would be hosting it again. We are planning another trail riding fundraiser in 2011 and are expecting the turn out to be much larger!

The most refreshing thing about the entire event was that it was so effortless. Since the Kindred Family experiences doing this type of thing on a regular basis, organizing and hosting was uncomplicated. That's the beauty of doing Pat's thing your own way. 🐾



PERSPECTIVES ON PARELLI

in Europe

by Beth Barling

Did you know that over 40% of Savvy Club members are based outside of North America? And that the majority of these are based in Europe? In fact, we now have Savvy Club members in 24 European countries: Austria, Belgium, Cyprus, Czech Republic, Denmark, Finland, France, Germany, Hungary, Ireland, Italy, Liechtenstein, Lithuania, Luxembourg, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, and the United Kingdom. That's amazing!

So it's been with some excitement that I've been working as part of the Parelli Central team as a resource for students over here in Europe. As I write this in early December 2010, I have just come to the end of my first three months as a member of the Parelli Central team. It's been an incredibly exciting and rewarding time, with lots happening for Parelli students and horses in the UK and further afield on the European continent. Here are just a few of the highlights.



In September the Swiss instructor team were ambassadors for Parelli as they presented to the US Ambassador in Switzerland. (See the story on pg 38.) In the UK, a team of instructors and volunteers continued the ambassadorship on the Parelli stand at the Horse of the Year Show for five days in October at the NEC. The next month the team was at the Your Horse Live event at Stoneleigh Park. Both events were fantastic opportunities to talk with people about Parelli, answer questions, give away free DVDs and catch up with old friends and Savvy Club members. And we also had a few other interesting visitors to the stand, including the HOYS horse, the British Airways Pipe Band and the Knights of Middle England!

In November, Pat and Linda were invited to attend the 3rd International Dressage Forum in Portugal – another huge honour for Parelli. On their way, they spent time in Verona, Italy, for the Fiera Cavalli 2010. Via the Internet, we all got to see photos and read reports from people who were there, and Pat was also featured in one of Italy's national newspapers, *La Stampa*. Seraina Bertschinger-Tuffli from



Germany provided this great report about Pat and Linda's visit to Italy:

On Friday afternoon, the Italian Instructors took Pat and Linda out for a nice sightseeing tour to the Ferrari museum in Modena... a lot of horsepower in another way! On Saturday Linda and Pat came to the fair where hundreds of thrilled horse lovers could not wait to see them. They shook a lot of hands and posed for a lot of photos with their fans. At 11 a.m. the stands were full and the Italian Parelli Instructors started the demo with their horses. And then... "Ladies and Gents: Please Welcome Mr. Pat Parelli!" And the crowd goes wild!

Pat brought a very nice Haflinger gelding into the arena. It was one of Parelli Professional Franco Giani's horses. Pat started to demonstrate how fast you can earn the respect and trust of a horse even if you have never seen it before! It's just about Love, Language and Leadership. It was impressive!

He played with him on the ground and rode him as well. Later on Franco brought his second horse into the arena and Pat played with him at Liberty while riding the other horse. It was great fun since Franco's second horse was quite right-brain at the beginning but soon he found out that it might be a good idea to follow the gentleman with the big hat on the back of the other horse.

After two hours Pat finished the show with some words in Italian and as well Linda spoke to the audience. The applause was huge! After that Pat and Linda came to the booth and people were again able to meet them personally. It was a great atmosphere! Thanks to Pat and Linda — Europe can't wait to see them in March in Germany for Equitana!



Back in the UK, the first of the winter horseless workshops at the Parelli campus at Stoneleigh Park took place at the end of November. Parelli Professionals Jamie Evans and Mattie Cowherd led a fun day of education, simulations and inspiration with a group of Level 1 and 2 students from across the UK. Dani Wilday, a member of the Parelli UK office team, took part in her very first workshop. As

Dani hasn't got her own horse, it was the perfect introduction. Here's what Dani had to say about the workshop:

The day was split in two with the morning being theory-based and the afternoon simulation-based. I learnt some great things in the morning including what the phases are for each of the Seven Games and loads of really useful information about Horsenality.

After all the theory work it was great to put it in to practice in the afternoon with the simulations. You play being the horse and the human so you get to feel exactly what your horse feels when you do something. It's a great way to understand how effective your phases are and if you're clear enough for your horse to understand you. The simulations also really made me understand how to motivate your horse depending on their Horsenality and what strategies to use with them.

Not only did the workshop help me understand how to communicate effectively with horses I think it also help me understand how to communicate with people! I would recommend the Winter Workshops to anyone, whether you have a horse or not!

Last but by no means least, two major events took place in November which you should all hopefully be aware of by now! The first was the launch of Parelli Connect, our new digital campus. It was an exciting evening when the virtual doors were opened to Savvy Club members and we watched as hour by hour hundreds of you signed up for your free accounts and starting connecting with each other and sharing your horsemanship journeys. Again, you'll find people from many different countries on there.

But even before Parelli Connect launched we had another exciting day when tickets went on sale for the Parelli Celebration in the UK in April. In the office at Stoneleigh Park we answered the phones non-stop and spoke to hundreds of very excited people all hoping for a front row seat to see Pat and Linda. Tickets have been galloping out of the door and we're looking forward to a fabulous weekend. We hope to see you there for this amazing Celebration of Horsenality. And as Seraina said, if you're in Germany, perhaps you'll go and see Pat and Linda first at Equitana in Essen in March.

Until next time, keep it natural! 🐾



THE BEST THINGS

by Claire Devisse,
Beth Jarvis & Elli Pospischil

in Life are Free

My name is Claire Devisse, and I am a 2-Star Instructor and a Mastery Student here on campus, currently in charge of the Free Horse Training Program. The program links resident long-term students with horses owned by Savvy Club members. The horses come to either the Colorado or the Florida campus for training and are matched up with students. The program has proved to be a win-win for all parties involved. Here we share with you the story of horse owner Beth Jarvis, Parelli student Elli Pospischil, and the gelding named Chester who brought them together.

Beth Jarvis

My family lives in Phoenix, Arizona, and my daughter Jamie and I share a love of horses. We have essentially raised our younger horse, Chester. We met him when he was only one day old and bought him at six months, for no good reason at all. We just fell in love with his friendly, sweet, fuzzy red self and decided he had to be part of our family.

He is five years old now, and since Jamie and I have studied Parelli material for several years, he has been exposed to natural horsemanship his whole life. Despite our best efforts, however, he has a real issue with confidence—but only in some situations. I reviewed the material, even called in a Parelli professional for coaching

and advice, but I couldn't help Chester. He needed to be exposed to a variety of situations to build his life experience and confidence. He needed mileage, and Parelli mileage at that, but we didn't have the resources to offer him what he needed. We were pretty stuck.



PHOTO BY COCO

Activity on the Pagosa Springs campus gives horses a chance to get used to plenty of new things.



Elli and Chester get personal attention from Linda Parelli during a saddle fit demo.

When I saw the email titled “Have Your Horse Trained for Free,” I couldn’t believe my eyes. It seemed like a phenomenal opportunity, absolutely tailor-made for our little red horse. We filled out an application with brutal honesty, submitted a six-minute video of us working with Chester On Line, at Liberty, and being ridden FreeStyle, and crossed our fingers. This could be a life-changing opportunity for him and for us.

We found out on Mother’s Day that Chester had been chosen for the program. I have to say it was the best Mother’s Day gift I have ever received! Claire gave us the name and email address of the Extern who would be training our horse. We immediately got in contact with Elli, and she seemed as excited as I was to meet Chester and begin their journey together. We scheduled the day for Chester to arrive and set our sights on Pagosa Springs, CO.

Meeting Elli was wonderful. Chester was clearly nervous about the new environment, but Elli handled his emotions with quiet leadership. I knew at once he was in good hands.

We happened to cross paths with Linda and Remmer for a few minutes, and she graciously stopped to chat with us.

When we told her that we had brought in a horse for the Extern program, she asked his name and where he was stabled. She then assured us she would personally look out for him. Our little home-grown Chester had just come up on Linda Parelli’s radar. He was in good hands indeed!

Leaving Chester that day was far less traumatic than I had anticipated. My boy was in Parelli boarding school, which was exactly where he needed to be. I tried hard not to be a nervous, hovering mother. I disciplined myself to send only one email a week to check on Chester’s progress. Elli answered my emails with upbeat details about what she and Chester were working on, although it was clear that she was very busy and had limited time at a computer.

Elli’s emails described Chester’s adventures—and they truly seemed like adventures. Apparently there is always something exciting going on at the Parelli campus! Chester had cows sleeping in front of his stall—he had never seen a cow before—and there were always activities underway like Quick Start programs, saddle fittings, trail rides and cattle handling.

Petey was just an ordinary Quarter Horse.

But I was looking for a new horse and we knew he had had a good foundation as a ranch horse. He was a San Peppy horse. The "Horseanality Profile" had been introduced and Petey seemed to be very left-brain, even slow, lazy, and stubborn. My friend Judy and I bought the old Level 1 and worked to pass our assessments. I was so proud of my Level 1 completion that I asked my husband for a birthday gift of a creation by Ginny Sue.

But Level 2 was beckoning and Judy urged me to complete it with her. Never underestimate your Parelli buddies!

Here is where I began to see the magic in the Parelli Program. What I really had in Petey was a very introverted right-brained horse. He exploded when pushed over his thresholds. In short, he was a challenge. If I had not had the Parelli program to depend on I think I would have always been afraid of him and his explosions and given up.

Instead, he became a gift and is my best friend. We finished Level 2.

I had been taught the traditional methods to be a "pretty rider" but it is only through the Parelli Program that I feel I am on a journey to becoming a horseman.

Ginny Sue was a delight to work with. She took my ideas and photos, (thanks Coco at the Liberty and Horse Behavior Course), and created an artistic masterpiece I will always cherish. When my box came and I saw what she had done, the tears fell as I remembered so many of those special moments Petey and I have shared on our Parelli journey together.

Thank you, Ginny Sue, and Pat and Linda.....and all the others on the way....
Marcia Grieve



**For your personalized details and to place an order, Contact GinnySue at:
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International orders welcome. Gift Certificates available. Visit us on the web at www.parelli.com.

It was obvious from the emails that he was learning a lot. Elli wrote that she and Chester were progressing very quickly and had new challenges almost daily. I could almost see him growing more confident, braver and more athletic through the picture painted by her words. I was really proud of him and very glad that he was working out for Elli.

Meanwhile, my daughter and I were spending time studying Parelli material on DVD. It was amazing how many times Elli would comment that she and Chester were working on something that Jamie and I had just learned about at home! I'm really glad we took the time to go through the material while Chester was away; we felt as if we were keeping up with his education and would be more prepared to keep his progress going when he got home.

When we arrived at Pagosa Springs to bring Chester home it was immediately obvious how relaxed and confident he had become under Elli's care. Elli spent some time with us, letting us know her insights about his challenges and demonstrating how much he had learned. I was thrilled with the confident horse Elli had discovered in our little red Chester.

Since Chester has been home, we have noticed significant improvements. He is much less reactive to new environments, and he seems better able to take new things in stride. He has, for lack of a better description, grown up. It was just what we had hoped for.

There are very few things in life that are win-win, but in our experience, this program was just that. We won, Elli won, and Chester definitely won. We are glad he had this amazing opportunity and are excited to be part of his ongoing Parelli journey, as he will always be part of ours.



Elli connected with Chester through the Free Horse Training program, and worked with Chester during her externship at the Pagosa Springs campus.

Elli Pospischil

Looking for a suitable horse for my Externship experience at the Parelli campus, I went through the YouTube videos that Claire had sent me. The questionnaire that the horse owner had filled in gave more details about the horse, including its experience, challenges, and Horsenality™.

I decided on Chester, Beth's horse. I liked the way he looked and moved on the YouTube video—not because it was perfect, but because of the way he acted. I also chose him because he is a Right Brain Introvert, the opposite of my horse at home. In doing so, I was hoping to get more experience during a longer period of time with this Horsenality.

In the following weeks Beth and I emailed back and forth across the Atlantic Ocean, finding out more about each other and the horse. I enjoyed getting to know her and learning about Chester. Finally the day had come to meet Chester in real life! I was excited to meet my partner for this part of my journey.

Chester had never been away from home before. The first few days were spent helping him to settle in and getting to know him better. In the following days and weeks I developed Chester in all four Savvys. Under the guidance of John Baar, head of faculty and leader of on-campus instructors, I exposed Chester to all kinds of challenges that built his confidence.

One of the highlights of our time together was my riding Chester during the Saddle Fit Demo with Linda Parelli and Letita Glenn of Parelli Saddles.

It was a great experience spending this much time with Chester and seeing the progress he made. Chester came a long way in those 12 weeks: from being afraid of cows to pushing cattle around and from not being able to think down to his feet to scooching down Scooch Mountain. Too soon it was time for Beth to take Chester home. I showed her what I had been playing with and coached her with Chester both on the ground and in the saddle.

I am excited for him to go back to his owner now and facilitate her journey with his new confidence. Beth and I are still emailing and exchanging thoughts and advice on Chester. I am glad to continue to be a part of his journey!

For more information on how to enter your horse into the Free Horse Training program, please visit the Parelli website and click on **Horse Training**. 🐾



**Road to the Horse Legends
Murfreesboro, Tennessee
February 25-27, 2011**

Many great horsemen have stepped into the Road to the Horse round pens to prove their mettle and showcase the best natural horsemanship has to offer, but in 2011 something unprecedented will occur. For the first time in the event's history the man who coined the term natural horsemanship will himself step into the spotlight as a competitor. Natural horsemanship pioneer Pat Parelli will join two-time road to the horse champions Chris Cox and Clinton Anderson at the World Championship of Colt-Starting in Murfreesboro, Tennessee on February 25-27, 2011.



**Equitana
Essen Germany
March 12-20, 2011**

The Equitana is the world's number one meeting place for equestrian sports and known as the "mother of all equestrian fairs." Equitana has been setting standards in equestrian sports for nearly 40 years: This is the place, where new international horse breeds and riding styles started out on their road

of success, as well as up-and-coming stars and experts in horsemanship. World champions and athletes create the program of the EQUITANA, which includes, next to hours of daily program, six full evening shows. Novelties and news from the scene of equestrian sports make Equitana what it is today: the world's biggest meeting place for equestrian sports. Pat Parelli is currently scheduled to appear one day only (Mar. 17), while his European team of Parelli Professionals will be demonstrating every day.



**Parelli Celebration
Birmingham, UK
Topic Focus: Horsenality
April 9-10, 2011**

The Parelli Celebration features Pat and Linda Parelli displaying their techniques and principles with the help of an international host of students and instructors. The entertaining and dramatic format is replete with the high class glamour, lights, cameras and action of a music concert and all the deep-down horse training learning you've come to expect from Parelli. Held annually and only in the UK up to this point, Parelli looks forward to presenting this event in the United States in the near future.



Minnesota Horse Expo 2011
St. Paul, Minnesota
April 29-May 1, 2011

Parelli will have a booth at the Minnesota State Fairgrounds for all three days and demos each day as well. Pat Parelli will have a demo on Saturday.



Colt-Starting Naturally
Ft. Worth, Texas
May 6-8, 2011

What is the difference between starting ranch-raised & backyard-raised colts? Fillies & colts? Young horses of different breeds? Join us and find out! May 6-8 in Fort Worth, Texas Pat and the Savvy Team will explore the differences between starting young horses raised in town, on small holdings with lots of attention and starting ranch raised horses that have had plenty of room to roam but far less human interaction. We'll delve into the differences between colts and fillies and the influence breed has on a young horse's start. Atwood Ranch and the legendary Pitchfork Ranch will supply a cadre of well-bred ranch raised colts, while local demo horses will represent the "townies". A hand-picked team of the best Parelli Colt Starting Specialists will showcase how to build a natural foundation for success, as Pat rides herd and gives guidance from outside the round pens to fan the flames of learning.



Wild Horse Taming Naturally
Reno, Nevada
July 29-31, 2011

A hand-picked team of Colt Starting Specialists will show you how to unearth the infinite potential of wild mustangs, as Pat rides herd with coaching and a surprise or two up his sleeve! July 29-31, the Parelli team will head west to Reno, Nevada, where with the help of the Bureau of Land Management and the Mustang Heritage Foundation, the Savvy Team will shine a light on the topic of Wild Horse Taming. Unmatched in spirit, the team will help the gathered mustangs discover partnership and purpose. You'll also see the fabulous finished results of all that an American Mustang can be when started and developed naturally...the results are sure to WOW you! As relationships develop majestically in each of the round pens, Pat will offer guidance, humor and tales of mustang tamings past for what is sure to be a sold-out crowd.



Parelli Rendez-vous
Redmond, Oregon
August 12-14, 2011
Jacksonville, Florida
October 21-23, 2011

Rendez-vous are the peoples' event! Free to all Savvy Club Members, the Rendezvous allows you to connect with other members, students, instructors while you help shape its totally interactive format. Watch or give a demo, find the horse of your dreams, shop vendor booth, join an activity group, hang out at the campfire or compete in Parelli Games. If you're brand new to horses or an old-hat at horses, but new to Parelli, there's plenty for you to experience too! Come with your horse, or just with your friends for a weekend experience that has all the best the horse world has to offer in a supportive environment where everyone knows your name (or will try darn hard to learn it in three days!)



Bridleless Riding & Liberty Summit
Pagosa Springs, Colorado
September 9-11, 2011

Held annually at the Parelli campus in Pagosa Springs, Colorado, the Summit is a Savvy Club favorite and focuses on a different intensive topic each year. The 2011 Summit will spotlight bridleless riding and liberty. This event contains lectures and demonstrations by Pat and Linda Parelli along with Parelli Professionals in several disciplines. A full host of family-friendly activities round out the weekend festivities which our sure to thrill any avid horse owner.



We Are



Ever wish you had...

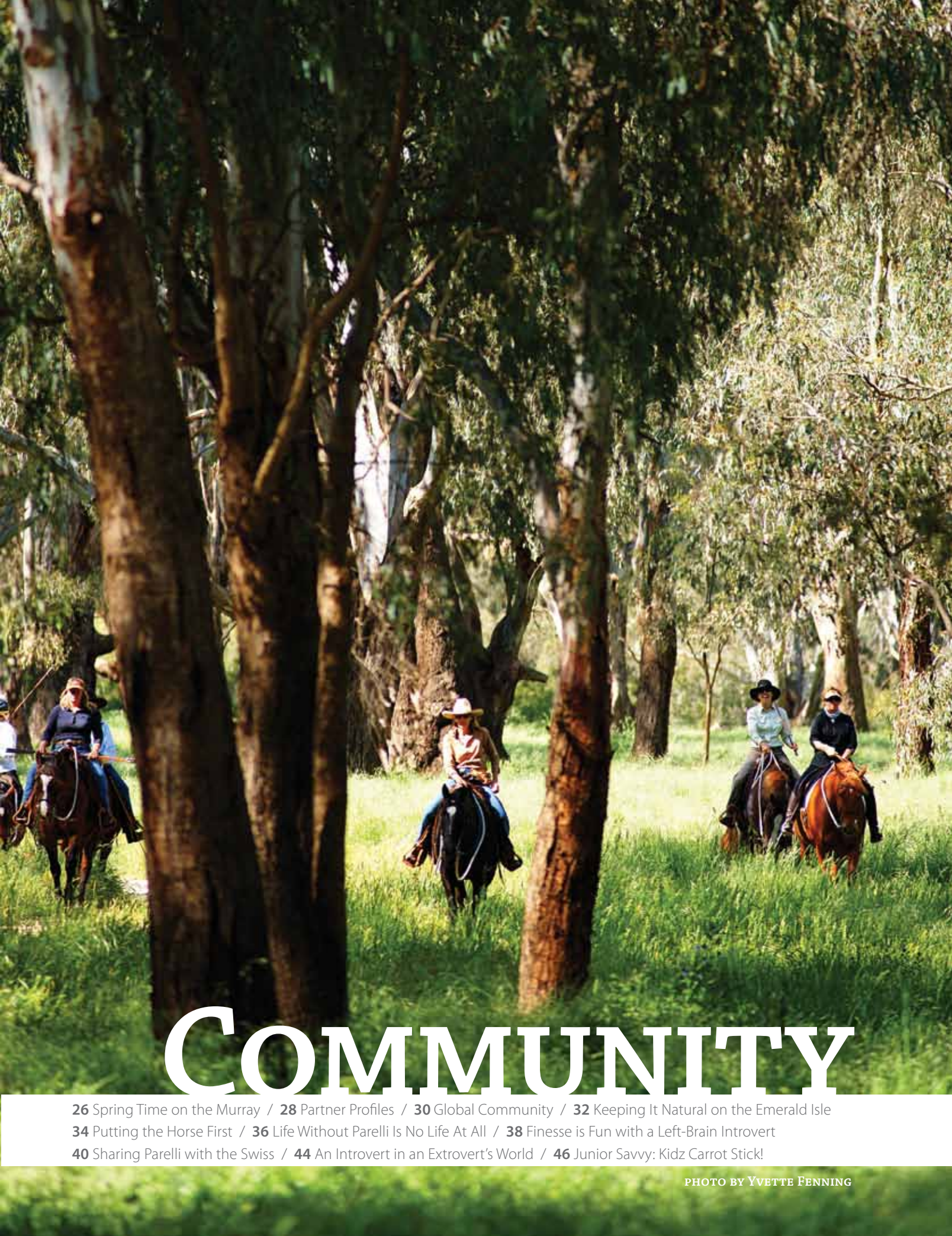
- A roadmap to horsemanship progress?
- An online how-to library packed with articles and videos, searchable by topic?
- An interactive to-do list that banished boredom by suggesting fun new challenges?
- An online profile for your horse that tracked his progress and shared his life story?
- A way to locate "friends you haven't met yet" who are in your area and at your level?

*Stop Wishing...
Start Enjoying!*

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To learn more visit www.parelliconnect.com or become a fan of Parelli Natural Horsemanship on Facebook for all the latest news!

A group of people riding horses through a lush green field with tall trees in the background. The scene is captured in a warm, golden light, suggesting late afternoon or early morning. The riders are dressed in casual equestrian attire, including hats and long-sleeved shirts. The trees are tall and slender, with dense foliage that filters the sunlight. The overall atmosphere is peaceful and scenic.

COMMUNITY

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PHOTO BY YVETTE FENNING



PHOTOS BY YVETTE FENNING

SPRING TIME

by Emma Smith & Bonnie McIntyre

on the Murray

The Riverina district, located inland in Australia, is well known for its wineries, olive groves, gourmet foods and laid-back country lifestyle. It has one of Australia's largest rivers, the Murray, snaking lazily throughout its massive spread. Located on the border of Victoria and New South Wales, the district was once a gold mining area, so it has many quaint country towns. Often this area hosts unique events that people attend from far and wide; one of those events is the five-day Parelli camp at Banyandah, Howlong.

There is nothing quite like riding among huge, centuries-old Red River gums and waking up to the sounds of sulphur-crested cockatoos squawking in the distance. This year in particular there has been a lot of rain, so the grass has been lush, with the river at the point of overflowing and the fresh eucalyptus smells dominating.

In the misty mornings, if you were awake and quiet enough, you could see a petite 14-year-old girl, sleep still in her eyes, walking out to attract and prepare Kaye Thomas' horses for the day's activities. She approached the three horses, causing them to turn and face her to be haltered. Maddy's quest for the next six months is to complete her Level 3 with her 18-year-old horse, who is partially blind in one eye.

Along with Maddy, the other 37 riders who attended this October camp were offered a multitude of learning experiences ranging from 7 a.m. yoga sessions (to help increase body awareness and flexibility), theory classes, a Parelli tournament, simulations and "what knot to know" to a night out at a restaurant and daily horsemanship classes and workshops. Also included was our annual Parelli quiz.

The quiz had sections like Parelli facts, Horsenalities™, Parelli-isms and general horsemanship. As Pat says, "Theory must become instinct for us to be good enough for our horses." At the end of this year's quiz, surprise bonus points were awarded to students carrying a Savvy String and/or a pocketknife. (Maddy was fortunate enough to have both!)

Our guest instructor was David Grace from Queensland, along with Kaye Thomas (the organizer) and Fiona Darling. Everyone had an amazing time, and lots of laughs were shared as we honed our skills. The senior instructors were supported by trainee instructors Angela Nott, Jodie Heald, Toni and Chris Faria and Rachel Clarkson. It was great to meet the latest Parelli trainees.

It is important to us that the Parelli program be preserved and continued. So often we get caught up in a horse sport and abandon our horsemanship. The deeper the human's drive to succeed, the worse our horses get. We have to be able to work at our horsemanship and give our horses the foundation of knowledge they need so that they can carry out their responsibilities and we can maintain the dignity and spirit of the horse.

True horsemanship is not commonplace in the horse industry, so thank you to Parelli and the home-study program, through which students like Maddy can learn the art of horsemanship. 🐾





PARTNER PROFILES

**American Mustang / Mare / 16 Years Old / 15hh / Right-Brain Introvert
Graduated Level 1 / Partner of Mackenzie Kincaid, Pagosa Springs, CO, USA**

Juno

Now that we've met some great Parelli students with our Member Profiles, we'd like to turn the spotlight on your equine partners! Tell us your horse's story (just one horse at a time, please!), and we may share it with the world. This issue, we'll get you started with a profile of our editor's mare, Juno. If you'd like to see your equine partner featured in these pages, just send the following information, along with a few pictures, to savvytimes@parelli.com.

Horse's name

Your name / Your location

Breed / Sex / Age / Height / Horsenality

Level graduated or studying

How did your horse come into your life?

What are your dreams and goals with your horse?

What lesson has your horse taught you that you can use in everyday life?

Tell us about the best moment with your horse.

How did your horse come into your life?

I met Juno on a visit to a wild horse rescue in Southern California. She had come to the rescue along with 150 of her herd-mates, in what was at that time the rescue's largest operation. Many of the mares had lost their foals and all of the adult horses had been starving. Although she was nearly ten years old at the time, Juno had been nursing from the other mares to survive, and the rescue's vet did not have high hopes for her.

While Juno steadily put on weight and blossomed into a beautiful horse, I became a weekend fixture at the rescue. I began learning not just horse care (and how to handle a manure fork!) but also techniques for training wild horses. Many months later, I had the chance to bring in that beautiful red roan horse I'd had my eye on, and start working on gentling her. Though by that point I'd worked with many wild horses, Juno was the first one that I had worked with on my own from the start. I hadn't made it easy on myself by choosing an older wild horse, but we definitely



had a rapport right away. Later I began working with her in earnest as part of the run-up to a big adoption event, but before we could get there, I informed my friends at the rescue that we wouldn't be able to find Juno a home at the event, because I intended to adopt her myself! They laughed and told me the only problem with that was that I'd spoiled the surprise; they were already planning to give her to me.

What are your dreams and goals with your horse?

First and foremost I'm hoping to get her started under saddle this summer; I don't have the savvy to do it myself, but with all of these natural and savvy professionals around me in Pagosa Springs, I'm sure I'll be able to find plenty of support. In the meantime, we're working hard on our On Line and Liberty skills to help build the foundation that she'll need to make a great saddle horse.

What lesson has your horse taught you that you can use in your everyday life?

My horse and I have extremely similar personalities: both Right-Brain Introverts, both wary of new experiences and new people, and often lost in our own worries and mental worlds. The more I worked with my horse, the more I realized that to help her through the things that worried

her, I needed to confront those anxieties in myself, too. That takes a lot of conscious effort, self-examination, and daily practice, just like advancing in horsemanship. And in training my horse I'm asking the same from her; it takes a lot of try on both our parts for us to progress. I have to ask just as much of myself as I ask of her; otherwise, both of us will fail to reach our potential.

Tell us about the best moment with your horse.

We've had a lot of great moments where Juno has surprised me with her willingness to meet me halfway, particularly since she's always had a bit of a standoffish personality. As a wild horse she really never had a good reason to trust in human beings, but she's made the choice to give that trust anyway, and that's a big deal for us both. Because she's always been fairly shy and reserved, my biggest challenge with her has been trying to bring out her more outgoing side (which of course is something I'm always working on in myself, too!), and asking her to really connect with me. When I recently went to see her in her field and she actually cantered across the pasture and up the hill to meet me, even letting out a little whinny, I knew we were getting there, and I think it's a great sign of even better things to come. 🐾



You can create a profile for your horse on Parelli Connect, too! Each equine in your life can have its own wall, where you can share photos, post updates, and keep track of your horsemanship progress. When you enter updates, you can specify which Savvy you used and how much time you spent (this adds up as "Savvy Hours" on your own profile). You'll also be prompted with tasks to do with that particular horse, depending on which Levels you have completed!





PHOTOS BY LINDA WOODS, MOONBIRD HILL PHOTOGRAPHY

Global COMMUNITY

Gypsy Gold

Linda Woods • Chappell Hill, Texas, USA

My passion for horses and equine photography was very much involved in my emotional journey through breast cancer. I was diagnosed in 2006. During my treatment phase, photography, especially equine photography, became a life affirming daily practice for me. Being around horses was as much medicine to me as any other treatment I was receiving.

When I knocked on Mort and Valorie Curtis's door at the Magic Gypsy Ranch in Chappell Hill, Texas, to ask if I could photograph their breathtaking Gypsy Vanners, I was actually shaking because I wanted so much for them to say yes. And they did. I had never seen such beautiful horses, and my mind was on nothing else when I was near them.

While I was photographing the Gypsies, I met Rebecca Gillman, a Level 2 graduate of Parelli, who works for the



Magic Gypsy Ranch as a horse trainer. Watching Rebecca communicate with horses is like watching spirituality unfold. I have seen her do things with horses that I never imagined possible. For example, with silent communication, she has taught Darren, one of the ranch's amazing stallions, to sit and stay like a puppy. He *loves* her. You can see it clearly in the way he watches her and responds to her.

This path for me has been as predestined as anything else in my life that matters in my soul. The most incredible part of the story is the fact that I now own Rain, a beautiful 10-month-old Gypsy Sport filly who was born and raised at the Magic Gypsy Ranch. I never imagined that I would own another horse, and after watching Rebecca's magic with her horses and the Magic Gypsy Ranch's horses, I cannot wait to begin my journey through Parelli with Rain. Horses were definitely part of my recovery phase, and now I will own a dream of my own. I just joined the Savvy Club, and cannot wait to get started with her training!





Frustration vs Success

Susan Richardson • Richmond, Virginia, USA

Several years ago, I heard Linda say that she does not get frustrated with her horses anymore. That was hard for me to comprehend. I can't remember how long ago it was, but I will remember the last time I was frustrated with my horse.

I had been struggling with transitions in the circle game. My extremely sensitive and unconfident horse was trying his heart out. However, "success" was not happening. I was SO frustrated with my failure. I stopped, sat down on a jump, and cried. After about five minutes, my horse came closer to me and began to gently lick my hair. What a moment!! My definition of success and failure changed forever.



Changing my definition of success did not mean that I gave up trying and settled for less. We eventually got those transitions and are continuing to advance through the Savvys. "Success" is recognized in its small steps as well as its big ta-dahs. I consider an honest try a "success" even if the results are not a "task-accomplished-with-god-like-perfection." Once the relationship is right and all the building blocks are in place, the task will just happen. In its own time, it can even happen with perfection.

My frustration came from trying to impose an artificial time-line on a natural progression. Now that I am bringing a different Horsenality through the levels, I am having to learn to speed up to keep pace with her natural progression. This is making me more sensitive to each horse's tempo of learning, which varies from day to day.

Thanks to Parelli, I can face situations that, in the past, would have frustrated me to tears. Now, I truly say, "How interesting!!" You and your horse can do amazing things and still have smiles on both of your faces. The Parelli plan works if you work the Parelli plan. 🐾



Carys Fowler proudly presents her practically perfect pony perched 'pon her Parelli pedestal, a present proffered by pleased parents! — Chester, Virginia, USA



KEEPING IT NATURAL

on the Emerald Isle

by Sarah Brady

What an exciting time to be involved in Parelli in Ireland! It has been almost three years since one of the earliest Parelli clinics drew a small crowd in Allenwood, County Kildare. That was the dawn of what has become a growing community in Ireland. Miguel Gernaey, now a 1-Star Junior Parelli Professional, brought Eddy Modde to our shores, and we have never looked back. When I think back to that first clinic, it is almost comical. I spent the first session of the FreeStyle portion rubbing my terrified thoroughbred, Ranger with a Carrot Stick™ while Millie, Chris' horse, put on a bucking show that would have earned her some serious money stateside.



Boy, have we come a long way since! You can't, of course, mention Parelli and Ireland in the same sentence without owing a huge debt of gratitude to James Roberts, 3-Star Parelli Professional. James came over to us the following October, and we had some severe weather that weekend. I will never forget doing Falling Leaf Patterns in the snow and sleet and loving it. In typical Irish weather fashion, we had four seasons in one day. That clinic was a pivotal point in my horsemanship journey as I truly got an understanding of what "foundation before specialization" meant.

Before James came over to us I could play all Seven Games with my horse and could even play some well. However, it was not long until I figured out we had been playing in isolation. I could bounce a ball on his back but could not touch his ears. He would stand on a tarp but not maintain gait or maintain direction for more than two laps. This was a real eye-opening weekend for me.

Even after my new appreciation for foundation before specialization, I still had a little way to go to really get it. A couple of weeks after that clinic I was working on my Follow the Rail at a canter in a tiny area, and Ranger was acting like a complete Right-Brain Extrovert. It was not long till my backside was planted firmly in the sand. That was my turning point. I spent all day constructing a letter to James in my head as to what had happened and why. That night I dreamt I was having a private lesson with Linda Parelli, and in my dream she asked me what I wanted to work on. I told her my canter on the rail was rubbish. She asked me how it was at walk and trot. To this I answered,

"Oh, they are rubbish, too." Needless to say, I woke up with a huge blinding flash of the obvious.

So back to the start I went. I spent six weeks getting my On Line solid and then slowly started to reintroduce my FreeStyle. This time I followed the Patterns. I often tell my students the power of the patterns is in doing them! Now I had a path forward, and our learning experienced accelerated. This was when it became clear to me that I wanted to become an instructor to help people, and not because I liked the sound of my own voice. When the Laws of Parelli were announced I thought that was something I could defiantly nail my colours to. In following the Patterns I passed my Level 3 in nine months from the time I had sat in the sand.

We are lucky in Ireland to have such a great community, and everyone is willing to learn as much as possible. James thankfully came back and did more Level 1 and 2 clinics the following year. I swear I learn more from Level 1 and 2 clinics. They have to be my favorite clinics to watch. Every lesson is a master class in something, whether it is control of the feet or developing focus.



So flash forward to what is happening in Ireland now. Today we have four 1-Star Instructors: Chris and I in Kildare, Miguel Gernaey in Dublin and Shelly O'Doherty in Limerick. By the time this goes to print there may be some 2-Star instructors. I am off to do my externship in January and will be home in early April. Already there are clinics in the pipeline for February in County Meath with James Roberts at Brian Byrne's fantastic facility, Four Oaks Natural Horsemanship Centre. James will also be in County Clare in April 2011 for more clinics. Chris and I regularly hold playdays at our home, and we are particularly fond of traveling up to Northern Ireland, where there is a hugely enthusiastic group.

Following the success of the clinics with Jackie Chant, 4-Star Parelli Professional, and David Lichman, 5-Star Parelli Professional, we are hoping that they will both make a return visit this summer or fall. We also plan to be at the RDS Dublin Horse Show this year. So come say hello if you are passing through. It's all go in Ireland! 🐾

Sarah and Chris Brady are 1-Star Parelli Professionals in Ireland; for more information on lessons and clinic schedules, visit www.parelliinstructors-ireland.com.



PUTTING THE

Horse First

by Sarah Espinoza-Sokal

The first time I heard of The Horse First Farm, I was an Extern at the Parelli campus in Pagosa Springs. As was often the case that summer, everyone from Externs to Protégés was horseshoed up for a morning meeting, and Pat was introducing his guest, Carlos Osorio. The gist I remember getting was that Carlos had built a boarding facility somewhere in Wisconsin to accommodate Parelli students and provide amenities rivaling the Parelli campuses themselves. “That’s pretty darn cool,” was my initial impression. “But couldn’t they have come up with a better name?”

After a few months of hearing it, seeing it and saying it several times a day, the name has grown on me. It’s started to roll off the tongue pretty easily, especially when I leave out the word “Farm,” as I nearly always do. The Horse First. One of the things I’ve come to love about it is the way it begs the question “What does that mean, exactly?” I’ve been living and working here for just over a month now, and I’ve come to see that the question is the answer.

From Small Beginnings

Four years ago Carlos and his wife Amy thought riding lessons would be a good experience for their five-year-old daughter. An acquaintance who also had horse-loving daughters made the pivotal connection, putting Carlos in touch with dedicated Parelli student Gretchen Arndt, now a 2-Star Parelli Professional. “I took my daughter to these horse lessons that were really strange,” Carlos recalls. “I was waiting for her to jump on a saddle and learn to ride, but Gretchen would just wave that rope and teach her a bunch of stuff I didn’t understand.”

Having ridden as a child, Carlos was curious to learn about this different approach to horses. “I used horses like motorcycles,” Carlos says of his childhood experience. “I never had a personal relationship with a horse. I didn’t even know that you could.” With Gretchen’s guidance Carlos began learning alongside his daughter. “I got really excited, got a horse and before long was madly in love with doing Parelli.”

While there was a fair-sized group of Parelli students at the barn Gretchen and fellow instructor Lori Wegner taught from, they remained a minority. Many Parelli followers are familiar with the limitations such a situation can impose, and it wasn’t long before Carlos, Gretchen and Lori began discussing the possibility of creating their own farm—one dedicated to the pursuit of natural horsemanship. After researching the possibilities and implications of such an endeavor, Carlos decided to go ahead with the project that would evolve into The Horse First Farm.

Design with a Difference

“It was really quite exciting,” Carlos relates. “There was nothing here but cornfields, a small barn and a house, so we were able to develop the farm from scratch to meet our needs.” The three co-founders worked with an architect to maximize the opportunity before them, and when you stand in the driveway of The Horse First, a quick look around is all you’ll need to see this isn’t just any horse farm.

Perhaps one of the first things you’d notice is the absence of a barn to accommodate the nearly 60 equine residents of The Horse First. One of the farm’s core tenets of horse

care is the belief that horses are not meant to live in stalls. At the same time, as this is a facility accommodating many active and passionate boarders, it is imperative that the horses be accessible both to their owners and for daily feeding and health checks. At The Horse First a system of turnout “tracks” modeled after Jaime Jackson’s concept of Paddock Paradise has turned out to provide an excellent balance between what the horses and their owners need. Fenced-in loops of varying length and shape, the ten tracks at The Horse First provide a way for nearly sixty horses to live outside 24/7, receive daily feed tailored to their needs and be readily available to their owners at all times.

On the other hand, the playground is hard to miss, and so is the Cover-All. Modeled after the Parelli campuses in Colorado and Florida, the facilities at The Horse First make it more than apparent that Parelli students play here. Many elements of the Parelli playgrounds are replicated at The Horse First, including the honeycomb, and there is ample opportunity for boarders to stretch their imaginations and build their relationships with their horses.

Forward with Vision

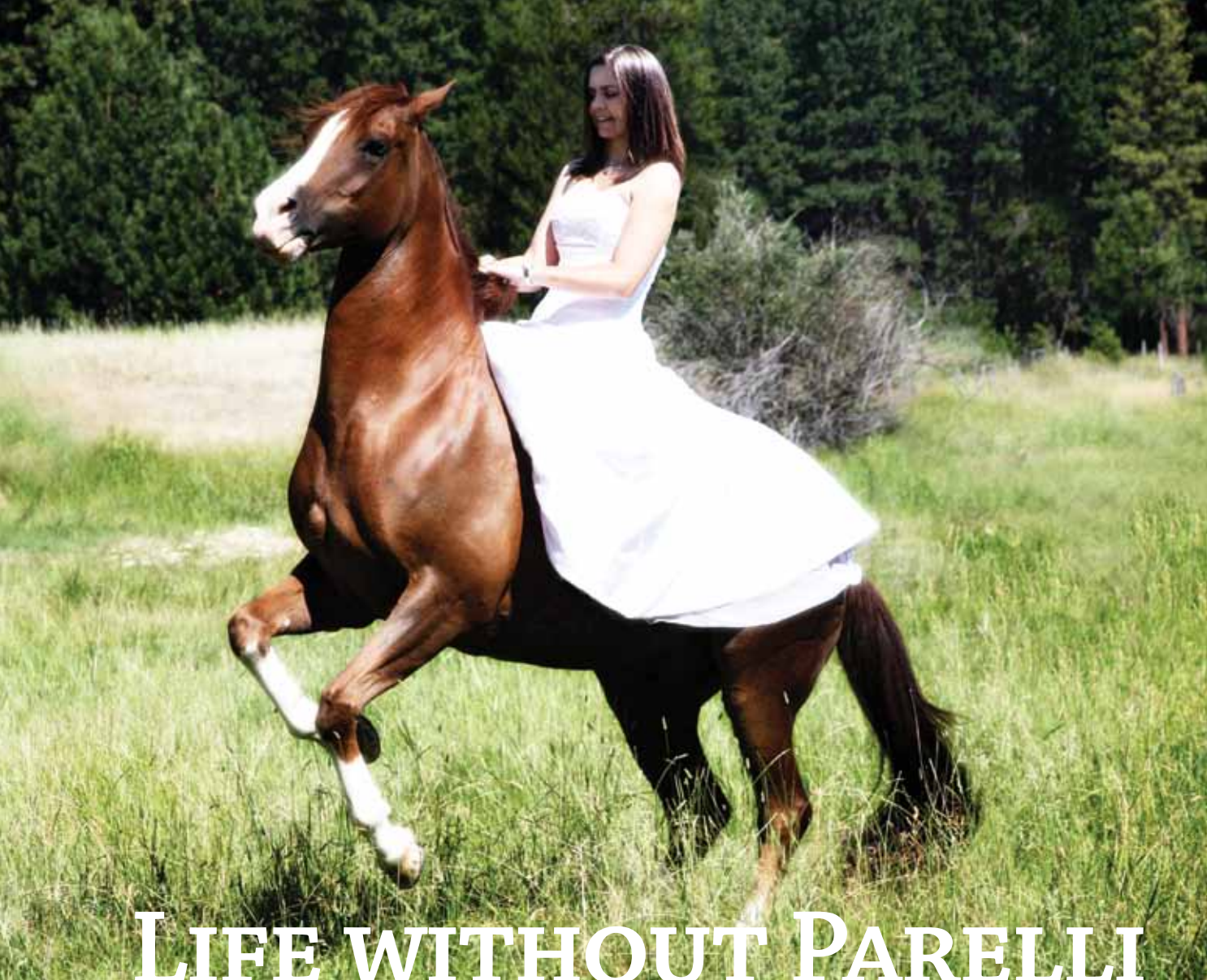
“The Horse First is like a dream come true for us,” Carlos says, “and we have been extremely happy with it. Two years into it we have 60 horses, and we hope to keep growing and attracting like-minded people.” Currently the farm occupies 60 acres, but the addition of a neighboring 44 acres is imminent, and the goal is to have the capacity to board 100 horses.

As a facility with an emphasis on Parelli education, The Horse First has hosted and will continue to host clinics and courses with visiting Parelli professionals in addition to providing regular instruction with two resident 2-Star Parelli professionals, Michelle Manshardt and Gretchen. “We always want to give boarders and people from the region more opportunities for Parelli instruction,” Carlos says. “For people who don’t get to travel to Colorado or Florida, we want to offer experiences here.”

As a boarding facility, the farm will continue to grow and evolve, continually in search of a better way to get things done while honoring the horses. What is the best way to feed hay? How can we better manage the horses during feeding to encourage relaxation and respect? How can we best balance efficiency, practicality and our ideals to produce a beneficial outcome? These are the questions I see being asked here. Never-ending self-improvement is a concept that is not lost on the management and staff of The Horse First.

The question that guides the whole endeavor, however, is the one that takes us full circle. What does it mean to put the horse first? I think it means being willing to ask that question each and every day and not assuming we already know the answer. It means being open to learning more and exploring new options. If there is one thing that makes The Horse First different from other farms I’ve worked or boarded at, it is that willingness—that desire to seek better solutions for the horses and for the people who love them. 🐾





LIFE WITHOUT PARELLI

Is No Life at All

by Rachel Jessop

Let me start by telling you what Parelli has given me.

First of all, my husband. Of course, not everyone who ventures a journey to the Parelli center is bound to find the love of her life, but I did.

We met in 2003, and we flirted a little... okay, a lot. We rode together, taught together and married in 2005. Then we started our family. Now, with our beautiful daughter Shona, we still passionately teach and promote everything Parelli is. Without it, I wouldn't have this family now. Without it, I wouldn't be here, and here is a great place to be.

But before all of that, what Parelli gave me was hope for a whole new life, a whole new identity. I joined the Parelli team in 2001. As a working student I raced all around every aspect of the Parelli culture, from cleaning toilets to building fences to teaching people from all walks of life

and playing with some of the most fantastic horses you can dream of.

I traveled across the world, all the way from New Zealand on my last dollars, which I had saved for this opportunity to come to the center. I was filled with hope, knowing that what I was doing, although scary, was a perfect step into a new world.

Of course, I have no regrets. But the journey did not come without fear of the unknown. It took extreme courage and patience. It took resolve. I knew leaving everything I had at home, including my family, friends, the horse who'd partnered me on this journey and the beautiful seashores of New Zealand, wouldn't be the easiest route to take in my life, but it would be worthwhile. I didn't intend for everything to happen the way it has. In fact, what I had

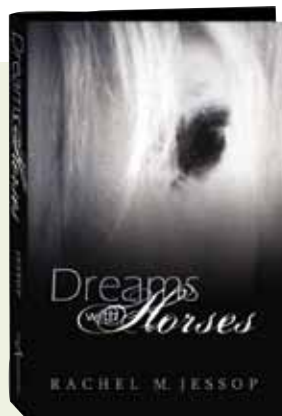


intended to do was come for my education and leave for home after receiving it, a simple transaction of my resources for my education. But something kept me here, something almost supernatural. It's as though the spirits of the people around me were all the same and all good. Many who have been to the Parelli centers agree that there is something magical there, and it's not the cooking. Don't get me wrong; I like the cooking, too, but there is a spirit that, if you've felt it, will reside in you, and you will always come back for more.

It was actually several years after I joined the team that I met Don, my husband, and from there life exploded with even more energy. I now live in the U.S. with my family, and we travel the world, sharing the messages that Parelli imprinted on my life, usually in the form of horsemanship. But today I have something more to share, a part of me and my journey that not many know. Parelli has always encouraged me to be the best me that I can be. They have essentially paved the way for my dreams with horses to come true, and I believe you deserve to see your dreams come to be as well. And once again I have to thank them for this opportunity to share with you my new book, titled *Dreams with Horses*. This book, dedicated to my daughter Shona, is, at its core, about life and the often-fearful journey we take through it, learning to live where nothing holds us back. I give myself to you in this writing and invite you to be bold enough to start or to continue on your journey to live without reservation, to live completely.

To the right, you'll find an excerpt from my book. I hope it captures your heart.

Don't let your imagination get the better of you. 🐾



Excerpt from *Dreams with Horses*, by Rachel Jessop. To order the book or ebook online, visit DreamsWithHorses.com

Peacemaker, standing beside me, asked, "Are you ready to take it to the next level in your quest?" My entire body froze with the realization that there was another challenge.

"My next mission? What do you mean? I tackled the waterfall on my last mission, and then there were gates. That was big. I'm not sure I'm up for another mission," I blurted out, my brain spinning with the new information.

Peacemaker calmly responded, "To live where nothing holds you back is going to require you to face fears and do things you have never done before."

I really didn't like the sound of the "face your fears" talk. "Maybe it is much better to just let your fear be and enjoy life a little." Then I remembered the gate of change. "Face your fears," I whispered to myself.

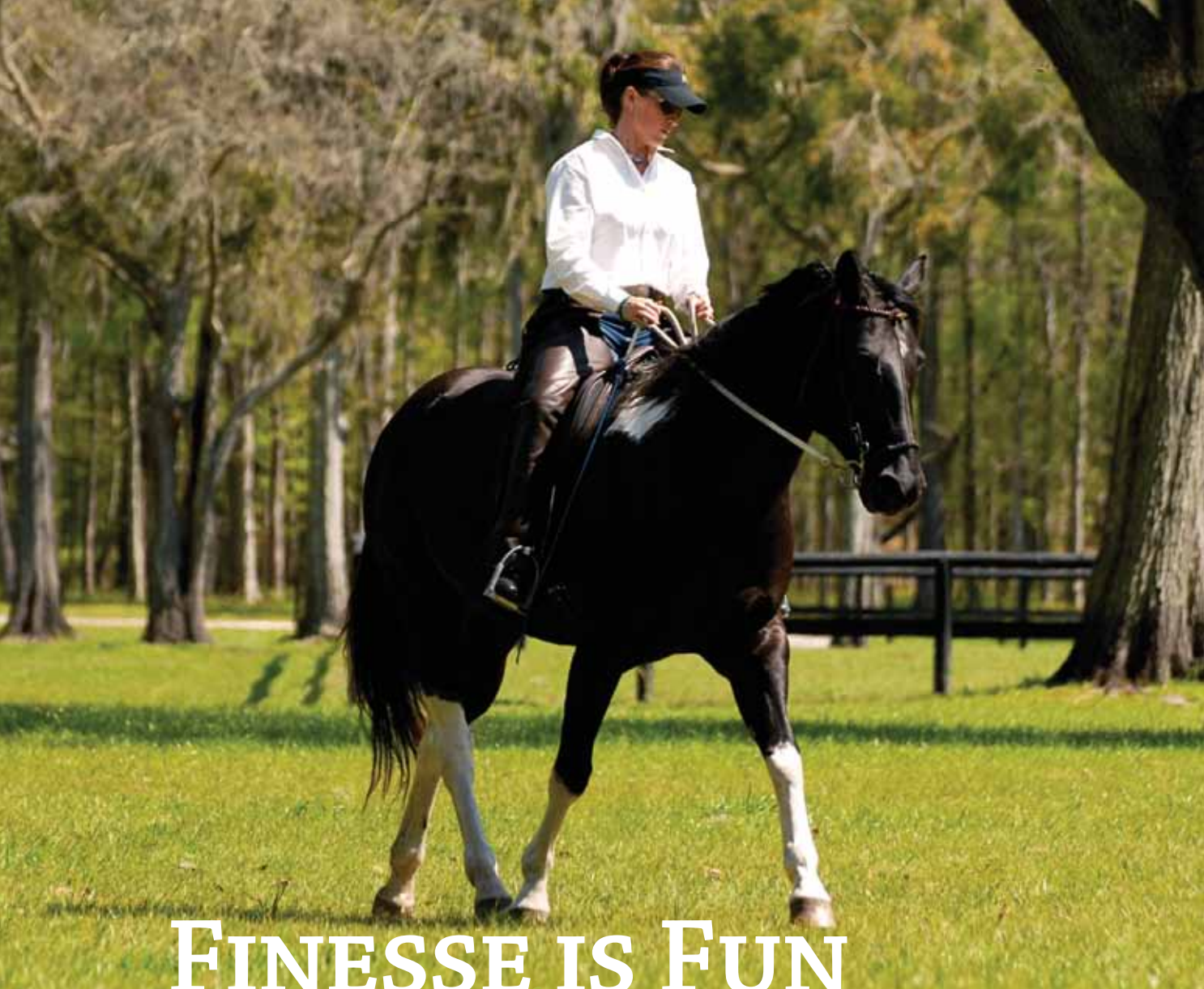
Peacemaker's silence was driving me wild, and my curiosity got the better of me. "Well, okay. What you mean? What is the next challenge?"

"Your next challenge is about trusting while facing your fear. I am going to ask you to do something that you think is impossible. But I know you can do it."

His words "I know you can do it" gave me a huge sense of relief, enabling me to stay open as I listened intently.

"All you need to do is trust that you'll be looked after." Then, after a few moments' pause, he revealed the challenge. "Jump off this ledge," Peacemaker said calmly.

"Yeah, right," I replied with disbelief. Peacemaker continued to hold a steady gaze, staying silent as he waited for me to grasp that this task was real.



FINESSE IS FUN

with a Left-Brain Introvert

by Kristi Smith

I was thrilled to read Linda's article in the May issue of *Savvy Times* about her discovery of the Game of Contact. Finally, a breakthrough in the concept of contact with motivation was available! My horse Maxi and I had fallen into a pattern of me doing more while she did less nearly every time I picked up the reins. I could get her moving forward FreeStyle, but it just didn't seem to transfer into Finesse. If your partner is a Left-Brain Introvert, you probably know this unfortunate pattern of micromanagement: sit, squeeze, post, sit, squeeze, post, sit, squeeze, post. During one of my lessons with dressage master Walter Zettl, he said to me, "She is a very fine mare, my dear. But you must get the rust out." I had just accepted that pushing her was going to be how we did that. Linda's article gave me hope that we could expect more!

Last July I had the great privilege of assisting 5-Star Parelli Professional John Baar with Fast Track #6 at the Colorado Parelli Campus. While on campus I emailed Linda and asked if I could get a lesson on the Game of Contact. I had enjoyed her article in *Savvy Times* but didn't feel confident to give the concept a try. She agreed, and we set a date.

I am not ashamed to admit that the first 30 to 45 minutes of my lesson were complete torture for me! My instructions were to play the game: either you (Maxi) take the contact, or I will. We established this conversation at the walk. Maxi's first response was to stop. Linda very gently pointed out that I could consider that feedback about how often I was using my reins to stop. Eeek!!

I was also instructed to not encourage her to go with my seat or legs. I was to just turn her a little to the left or

right (as you do with driving horses) until she decided to go forward and then immediately release. This process is meant to cause it to be your horse's idea to move forward into the contact. It was very slow going for quite a long time. I will be honest and say that had I not had Linda's support, I would have most likely given up after 20 minutes or so. Linda asked me how I was doing (I am sure that the expression on my face was not that of a student who was enjoying this particular puzzle). I responded with "I am fine, but I would really like to whack my horse right now." I'm an extrovert, and this process was killing me!

Finally, after 45 minutes or so, Maxi started to get the idea, and I could pick up the reins without her stride changing. I was then given permission to try it at the trot. Yay for the trot!!! It didn't take very long before I felt "it". I imagine it is what it feels like to wind- surf. Maxi and I were coming down the long side of the arena, and all of a sudden she powered up and went into the most amazing trot that I have ever felt! It was so exhilarating, I had never felt that with her before! It brought a smile to my face and a tear to my eye! The power was coming from the hindquarters, and I could feel it in my hands! I know now why folks get obsessed with this idea. It was invigorating. I could get used to this!

I got to feel it a couple more times before Linda cautioned me about overdoing it. Of course! I am so glad that she was there to remind me of that. I hopped off and flung my arms around my horse's neck. She has been a great teacher for me. I do love that horse!

My next session didn't go as well as I was hoping for. I made the mistake of not putting enough emphasis on establishing the pattern again at the walk. And I picked a space that was too small to encourage my horse to reproduce the results we had gotten in the bigger arena. Session number 3 was with Linda again, and in a better environment (larger rather than smaller arena), and I felt "it" at the canter! Wow! Words cannot describe that feeling!

We are still in the teaching phases of this game, but each play session builds on the last, and I am loving it! If I could bottle that feeling and sell it, I would be a billionaire! Thank you, Linda, for your amazing puzzle-solving abilities and your willingness to share your discoveries. I am so proud to call myself a student of the Parelli program. 🐾

Kristi Smith is a 3-Star Instructor based in Iowa. For information on the services she offers and on her schedule, go to www.parelliprofessional-kristismith.com. You can reach her via email at Kristi@parelliprofessional-kristismith.com.



PHOTO BY COCO



PHOTO BY MONIKA JANCZKOWSKI

SHARING PARELLI

with the Swiss

by Ellen Carroll

When I was a child, some nights I would sneak out of my house to walk the mile to the barn and sleep with my pony Cricket. With practice I learned how to creep down the steps past my parents' bedroom without making a sound. Once I arrived in Cricket's straw-filled stall I slept better than ever. At the break of dawn, off I would go toward home, tiptoe up the steps and get into bed without anyone the wiser!

My sweet sister Megan, however, fourth of six siblings, was the opposite. Animals made her sneeze, and she would itch, poor thing. We shared the top floor in our house—an attic-type space my parents had turned into two bedrooms. No mercy for Meg. I would bring home strays, sneaking kittens up to my room, turtles, puppies — you name it — and like clockwork, Megan would start to sneeze, itch and finally run to my mother and tell on me!

Yet here we were, many years later, planning a trip to Switzerland to visit Megan and her family. Don, Meg's husband, is the United States Ambassador to Switzerland. They live in Switzerland's capital city, Bern, at the U.S. Embassy residence with their sweet daughter Grace. My dear friend Beatrice Busch von Gontard was to join me on

this great adventure. Beaty—animal lover, Parelli Savvy Club member and accomplished horsewoman—carries a dual citizenship in Switzerland and the US.

Megan and Don believe strongly that when receiving American guests it is important to incorporate a Swiss-American experience based on the commonality that exists between the countries. In my case, when Megan



PHOTO BY MONIKA JANCZKOWSKI

Wally and Sirius Con Fede



Beatrice Busch von Gontard, Andreas Buholzer, Carmen Zulauf, Hanny Buholzer, Ambassador and Mrs. Donald S. Beyer, Ellen Carroll

asked what I might suggest, I said, "Let's share Parelli." After a few more questions and some research, she was game!

With a nod from Pat and Linda and help from Ann Kiser, we contacted Seraina, assistant and coordinator for the Parelli Professionals in Switzerland, to see what might be possible. I knew Switzerland boasted the most 4-Star

Parelli Professionals of any country in the world and hoped we could interest at least a few of them to take part, barring conflicts in schedules. We envisioned a small, private two-hour Parelli presentation—"A demonstration of the Parelli Method to celebrate Natural Horsemanship"—followed by dinner.

Our goal was to invite 30 guests, sharing Parelli with a variety of accomplished, notable Swiss equestrians, representing many competitive equestrian disciplines. The Embassy staff put the word out, resulting in a wonderful group, from top breeders of racehorses to show jumpers to Olympians heading to compete in the World Equestrian Games in Kentucky the next day. Our plan also included a celebratory dinner afterward hosted by Ambassador Beyer and his wife in the ancient wine cellar of the Restaurant Chesery, in a medieval town called Murten. The dinner was to thank the Parelli professionals and allow them to dine with their appreciative audience over a meal prepared by the Embassy chef and his capable staff.

Seraina had confirmed that three of the 4-Star Professionals — Carmen Zulauf, Walter Gegenschatz and Adrian Heinen — were available and enthusiastic about sharing Parelli with the Ambassador and his guests.

The weather was better than perfect: blue skies, not a chill in the air. We drove up to the magnificent property selected by Carmen Zulauf (she boards her horses there and teaches from the facility). The IENA in Avenches is the National Horse Center in Switzerland. Seraina was there to greet us, and the guests were seated. Carmen, Wally and Adrian were playing in the arena, allowing their equines to take a look around and stretch their legs a bit.



Carmen and Goyani displayed their strong bond.

Introductions were made. Carmen brought her wonderful partner Goyani, a remarkable Swiss Warmblood gelding. Their bond was beautiful.

Then Wally played with a new horse of Carmen's: Sirius Con Fede, a Hanoverian gelding. This was the first time the horse had been in an indoor arena all year; most of his damage had been done in an arena, and Carmen wanted to build the relationship and have a solid base to build on before translating the same quality into the indoor arena. The presentation was the perfect opportunity to see what progress the horse had made, and also to help him with Goyani's presence. This fearful horse responded to Wally, offering more as the two hours progressed. Wally was sensitive to the slightest movements of the horse — a blink, a wrinkle of the nose, a flick of an ear. By the end of the presentation, confidence and trust had replaced fear.

Carmen, the spokesperson for the group, discussed putting the horse first and how during this presentation relationship would always be each participant's top priority. As she spoke of partnering up and leadership she walked with Goyani. She relaxed, exhaled, lowered her energy, her arms and head—and her beautiful bay partner echoed the body carriage and relaxed energy level. When she lifted her carriage purposefully to walk forward, her horse also brought his life up. Carmen used this to show that a horse looks to us for connection, comfort, relaxation, rhythm and safety.

Carmen explained the Seven Games, Levels and Savvys. The audience could clearly follow how these games applied to different situations and how the horse and human established a relationship through Love, Language and Leadership.



Goyani provided a calming energy for Sirius Con Fede; the Hanoverian gelding mirrored her calmer demeanor each step of the way.



Adrian riding Freestyle with his mules was a crowd favorite!

Next Adrian Heinen arrived with his talented partners, both mules. Adrian's uncanny ability to inspire his mules was clear; their bond was strong. Through progressive intention he created a picture in his mind and conveyed it to his partners. His leadership was provocative, using the Games brilliantly, keeping his mules' awareness. I was amazed at how willing these mules were, and how athletic. The guests, all horse lovers, smiled and nodded.

At dinner, the Swiss equestrians, all tops in their disciplines, could not stop talking about what each had witnessed. The evening lasted over five hours, and even then no one wanted to leave. Finally Ambassador Beyer raised his glass and toasted the three Parelli Professionals, thanking them for their excellence and message. He commented that if only our world leaders could follow such fine principles, the world would be a better place. I asked my sister Megan if she had anything to add to the story and this is what she wrote:

What I took away from the demonstration was the possibility for understanding. The horses are telling us something all the time, and this natural horsemanship technique is all about listening. Watching how the riders had managed to better understand their animals through this technique made me wonder how we as people might better understand each other if we would pay attention, put ourselves in the shoes of others and respect each other. Don was right when he observed that all diplomats could benefit from these fine principles — I wish I had been exposed to this when I was younger, and I am so thrilled that Carmen is now working with my 15 year old daughter, Grace. 🐾



Julie shims her Theraflex saddle pad using 2 felt Therashims (placed INSIDE the pad's velcro'd shim pockets, ON TOP of the aircells, of course... this picture is just an illustration to show you the positioning that works best for Ranger's back shape).

His sweat patterns are now great and his previous damage is repairing very quickly, as you can see in the photo above.

This shim placement insures that there is no pressure on those old sore spots.



Photo below: An excited Julie on the first day she saddled up with her new Parelli "Police Cruiser" to head out on patrol with her very happy partner.



SADDLE Savvy

"My work saddle had been frustrating me because I couldn't ever stay on my balance point...no matter how I shimmed my theraflex saddle pad (custom made with our Austin, TX Mounted Patrol logo)...but WORSE than *that*, it was really hurting my equine partner, Ranger, who carries me faithfully whether I ask him to cruise the mall parking lot looking for car burglars or help me break up a rowdy crowd on 6th Street. I just thought his tail swishing, stopping on his front end and very rough transitions were just "him". Oh, Boy, was I wrong!

That wonderful day (during the thrilling Fast-Track last November) when I test rode the Cruiser for the first time, I will never forget how it felt to go from a trot to a canter! Ranger just *glided* right into it. Before, it always felt like he was struggling to pick up his front end to start the canter. Well, probably because he was! (See the photo at top left showing his scarring and rotated shoulder!) And the stop was so *smooth*! I didn't feel like I was gripping with my behind to stay back on my balance point, I was just *there*!

I loved the saddle so much that I bought it the next weekend. Even though our city provides a saddle for me, I choose to ride my new 'Police Cruiser' at work. I feel comfortable all the time, the larger stirrups are wonderful for long hours in the saddle, the knee pads are great for support when I need to lean over and grab a bad guy. The unrestricted stirrup leathers keep my knees and hips from aching, and my behind never hurts any more!

Thank you so much, Letitia and Parelli Saddle Team, for the help and support you have given me. I hope we can raise the money to get everyone on our unit out of their awful saddles and into a Parelli 'Police Cruiser'!"

- Julie Payne, Senior Mounted Patrol Officer, Austin Police Dept.

What is your horse telling you about how it feels when you ride?

We don't judge how good a saddle is...OUR HORSES TELL US!

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AN INTROVERT

by Julia Ryman Bell *in an Extrovert's World*

When I first came to the Parelli campus in 2004 for a ten-week Horsemanship class, I knew I didn't want to be an instructor! I just wanted to get the relationship with my horse better and see how far it took me. I didn't have any time lines or goals, just a desire to enjoy the journey. Can anyone guess what my Horsenality™ is?

As the years went on I worked on the Parelli Tour Team, in the corporate office and on the ranch, squeezing in horse time here and there—anything but wanting to be an instructor; just enjoying the journey.

My idea of an instructor was someone who enjoyed standing up in front of people and entertaining them, confident in speaking and presenting skills; someone with a lot of jokes and charisma. Someone who wanted to travel the world and achieve, achieve, achieve. No, thanks, I thought. But pretty soon I built up the confidence to succeed in all things Parelli. When I had been a part of every Parelli team possible and was bored, I decided that the faculty was where I should be next. But I must admit that it was not because I dreamed of teaching!

As an introvert, I don't enjoy being the center of attention. It usually takes a lot of mental and emotional energy to interact with people in social settings, and it doesn't come easy for me. So at the end of a day of teaching a group of students I recoup and recharge by isolating myself from people and doing nothing. If there is a close friend or loved one around, being with that one person at the end of the day is also relaxing. My idea of fun is not to go out in big groups to dinner or go dancing as a celebration of the end of the week. Nope, that takes depletes my energy and is certainly not for me when I'm tired.

It wasn't until I became part of the faculty that I realized the value of being an introvert. Our teaching team was made up of different personalities, and they were all represented: Left-Brain Introvert, Right-Brain Extrovert, Left-Brain Extrovert and Right-Brain Introvert. I found strength in bringing balance to the team by just being myself. For example, my attributes of connecting and caring were sure handy if a student was having a meltdown! When someone was working through fears about riding, I was

the one the person came to. If the course was too overwhelming and someone felt like he or she couldn't keep up, simple words like, "There is nothing you have to get done today," came as a comfort.

What I've learned is that I can be anything anyone wants me to be. Just like Right-Brain Introvert horses, I'm a chameleon; I blend in and become invisible. I'm very obedient, so I can do or be anything for anyone, but it feels fake, uncomfortable, and is usually stressful. I perform at my best when I just act like myself. What I've discovered is that pleasing everyone else is not where I gain happiness. Being true to myself and to what makes me tick is how I get recharged and inspired to continue.

I've also become proud to take the back seat as a supporter or encourager. I used to think that because I wasn't in the spotlight and receiving the direct praise and recognition, I somehow wasn't as good. I needed people telling me I was wonderful on a regular basis to believe I had worth. That dependence on others to fill my self-confidence cup was dangerous. When I could recognize my strengths and positive attributes and really own them, I didn't need the praise and recognition of others. It's still nice on occasion, but I'm not motivated by it.

So here I am, living my dream as a Parelli instructor. But I'm Julia Ryman, Right-Brain Introvert, instructor, and I'm not trying to be a John Baar or a Pat Parelli, because they are more extroverted by nature than I am... and that's okay! As a consequence of being okay with myself, I've actually become more extroverted and entertaining and funny. You never know what's going to show up when you let go of who you think you should be and start being yourself!

Here are some words of wisdom I have to offer for a Right-Brain Introvert in a world that appears to spotlight the Left-Brain Extrovert:

1. Learn to value your qualities equally with those of people you feel are your opposite.
2. Realize that the only reason you think being a Left-Brain Extrovert is the way to be is that your right-brain, unconfident inner voice is saying, "You're not okay."
3. Find ways to prove to yourself you are okay and valuable as an individual and hold onto those qualities! Own them!
4. Fill your confidence cup internally rather than looking to others for confirmation.
5. Do what makes you feel good instead of what you think everyone else wants you to do.
6. Expand on your positives. Surround yourself with like-minded people who will support this journey and let go of the rest.
7. Take care of your thresholds. When you are bored, you know you are ready for a new challenge.
8. Listen to your intuition and don't suppress your feelings. Rarely do feelings make sense, but they are real, and if you try to ignore them or stuff them they'll come out somewhere else.
9. Treat yourself as you would treat a Right-Brain Introvert horse. Realize it's all about the relationship and do everything you can to build a relationship of trust (with yourself).
10. Don't put any time lines on your progress! It may seem you're moving slower than a snail, but someday it will explode in a good way, and you'll bloom! 🐾

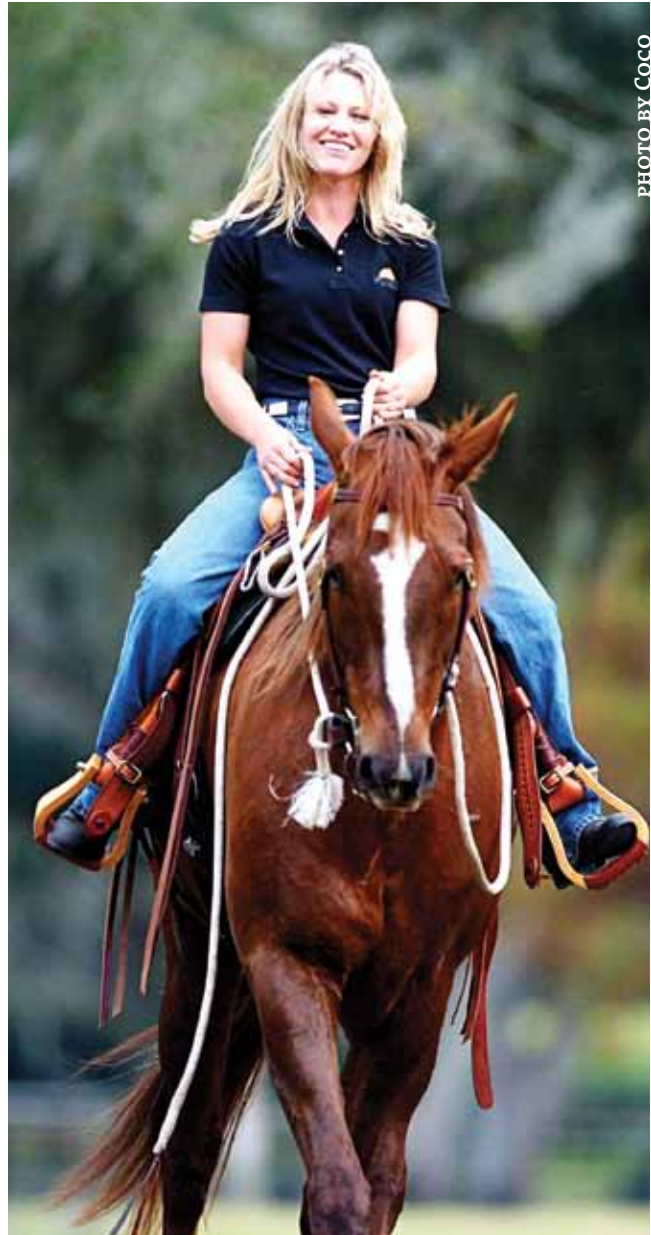


PHOTO BY COCO



JUNIOR SAVVY

Kidz Carrot Stick!

by Mackenzie Kincaid

Our new Carrot Stick™ for kids is just the right size for young Parelli students! These sticks are shorter and lighter than our standard Carrot Sticks. There's a new shorter string, too, or you can use the regular 6-foot Savvy String. If you've been using a standard stick, you'll need to get used to your new equipment! Here are a few exercises and games to play to help you become handy with your new stick, before you go out and use it with your horses!

Friendly Game

Use the stick and string for a Friendly Game! Before you go out to do it with your horse, try it on things like fence posts or gates. Here, Charlotte's practicing with a little stuffed horse; if she uses too much energy with the stick, this toy will fall over, so this is great practice! Try to drape the string gently over your practice object so it feels friendly! Use the different parts of the stick, too! In the photo at right, Charlotte is using the stick handle to give her "horse" a little massage.





Tag It!

Aim is important when you're using your stick to help you train your horse. If you're trying to tag your horse's rear end, you don't want to accidentally hit his head! So get in some practice with hitting a target: choose a rock, a twig, or some other handy target, and try to hit it dead center with a swing of your string. Then tip your stick up, catch your string, and take aim again!

If you're having a hard time catching your string, just slow it down. Lift the tip of your stick so the string is hanging straight down (3). Keep lifting until your stick is pointed straight up, and open up your fingers to get ready to catch the string (4). Tilt the stick back a little bit and the string will come right into your hand (5)!



Quick Draw

How quickly can you pick up your stick when you've dropped it? Practice with the Quick Draw game! Hold the popper end of your string and stretch out the stick on the ground directly in front of you (1). Tug straight up on the string (2), and the stick will pop up toward you, handle-first (3). Catch your stick by the handle (4)!

Practice until you can get the handle to come right into your hand, instead of having to reach for it. When you're able to do that, work on doing the whole thing faster! Then you can combine this with other games: when you've caught your stick, use your string to hit a target on the ground, or see how many times you can do a Quick Draw without missing! Do a speed tournament with your friends to see who has the quickest "draw!"



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to prepare you for success at every level –
to read your horse, understand his Horsenality™ and
develop your savvy skills *On Line*, at *Liberty*, in *FreeStyle* and *Finesse*.

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PHOTO BY COCO



START A RELATIONSHIP

To Develop a Partnership

by Sara Bewley

Master horseman Ray Hunt once imparted to an eager-to-learn Pat Parelli that the early training a colt receives is “everything.”

“So many horses today don’t have a future,” Hunt said. “They only have a past because they didn’t get a great start.”

In this, the first of a two-part series, Pat talks candidly about the colt starting traditions passed down to him by the masters who came before him and helps us delve into the differences between taming and starting young horses. Done well, Pat says, taming and starting should be a magical dance of spirit and unbridled possibilities. In part two (which will appear in the May issue of *Savvy Times*), Pat will discuss the unique challenges of taming wild horses.

Part 1: Colt Starting

“I define horsemanship as the habits and skills both horses and people need to become partners,” Pat explains. “There are four stages to training a horse—taming, starting, foundation training and sport training.

“Now, it’s been my experience that a lot of people skip step one, go roughshod through step two, skip step three and then move to step four. When you do this you’re only getting a sliver of the horse you could have. You’re going for a whole cupcake, but you’re not filling the cupcake with anything but icing.”



In particular, stages one and two of the training process provide the substance that fills the center of a horse's riding life. Unfortunately, these steps are also the elements that are most often confused with each other.

"We need to define the difference between starting a colt and taming a colt," Pat says. "There is a difference."

"We need to define the difference between starting a colt and taming a colt. There is a difference."

Pat explains that taming a colt occurs when you work with it until it believes people are not going to harm it. Every horse must be tamed at some point during its life, whether it's immediately after birth, when it is imprinted, or later, when it is introduced to humans for the first time.

"If taming doesn't happen, you haven't won the Friendly Game," Pat says. "You haven't proven beyond a shadow of a doubt to the horse that you are a friend, not a foe, and that's why there are so many horses out there that are eight, nine, ten years old and still snorty toward people. They've never been tamed, only started and trained. It's like skipping the first letter of the alphabet and trying to spell without using the letter A the rest of your life."

First Moves After Taming

Parelli admits to suffering from "young man's disease" early in his horse career, a recklessly confident disorder that ensured he was routinely asked to put the first ride on colts.

"It used to be, if you're young and dumb and indispensable, you're the colt starter," he says. "That was me. I was a bucking horse rider, so people were like, 'Let him start them.'"

"But now that I have savvy I teach my students that instead of breaking and training a colt, we want to start a relationship that can develop into a lifelong partnership."

Colt starting can be no more dangerous than other equine-related activities if the person knows what he or she is doing. Where owners tend to get into trouble is when they walk into the training pen without the knowledge or experience to safely read their horse's emotional state or the situation.

Reading the situation often hinges on what the owner knows about the horse's Horsenality™, which is comprised of four traits—his innate characteristics, his learned behavior, his environmental influences and his spirit.

"If you don't know the horse and can't read the situation, you put yourself in greater danger," Pat says. "You have to have an idea of when the horse might go right-brain and break into survival mode. I've never seen a horse go out of its way to hurt someone, but I've certainly seen a

What About Fillies?

Pat says he once ran into a huge misunderstanding when teaching a colt-starting clinic in Australia.

"Every single person showed up with a stallion," Pat says. "Somebody asked me, 'Why don't you start geldings or fillies?' I said, 'I do.' And he said, 'Well, you said colt starting. You didn't say anything about starting fillies.'"

Pat says he found out the hard way that while Americans often refer to all young horses with the traditionally male term "colts," Australians are very specific in their terminology.

"To them, colt means colt," he says, "a male horse."

So is there a difference between starting fillies and colts? No, says Pat. The same theory of colt starting apply to all sexes of horses, and he says he has seen little variance in the problems encountered when working with stallions, geldings or mares over the years.

"There's usually not a difference between starting a filly and starting a colt," he says. "Sometimes you catch a filly on a hormonal day, but if you go about it right and read what's going on, you'll be fine."



horse turn into a tornado and somebody fall directly in the middle of that tornado.

"When you're looking at all the signs, you've got to know whether a horse has the innate characteristics or learned behavior to be reactionary as opposed to responsive. You've got to have probability on your side."

Because of all of these variables, Pat believes colt starting should be considered an area of expertise, which is why he encourages owners to seek counsel from more experienced horsemen, much as he took advice from the legendary Tom Dorrance earlier in his career.

"Tom was a great coach for me starting hundreds of colts," Parelli says. "He could identify what I was doing right or wrong just by watching, and he'd give me guidance. That's why I like to see someone starting colts under the guidance of a coach, and this is the basis of our Mastery program."

Dorrance used to tell Pat that in order to correctly start a colt a person had to be as "athletic as a chimpanzee, as brave as a lion tamer, as strong as He-Man and as calm as a Zen Buddhist." Though the message is the same, Pat expresses these sentiments in a more refined way. He suggests colt starting should be considered an art form and natural colt starting a beautiful transition.

"Natural and beautiful should go hand in hand," he says. "Natural colt starting should be this wonderful, beautiful, seductive experience, so that the horse begins to think the whole thing is his idea, and he wants to come back for more the next day."

"It's the person's job to lead the situation, to recognize what the horse is apt to do according to his Horsenality™ and to guide him through any trouble."

Once an owner has the coaching he or she needs and has an idea of the colt's Horsenality™, it's time to step into the pen for some hands-on work. Pat advises owners that their colts must go through four transitions before they are truly started under saddle. Those transitions are confidence, acceptance, understanding and results.

Confidence comes naturally when a horse begins to trust that what his handler is asking him to do is not going to hurt him, and that trust eventually turns into faith in his own abilities. When Pat first meets a colt for a starting session he lays the groundwork for that confidence by giving the horse room to be curious.

"The first thing I try to do is feel of them and for them, so we can feel together," he says. "Back when I had young man's disease, I used to walk in, pop that bubble around them and start running them around. Now I'm more likely



to walk in and walk away from them. If they're curious, I just back off and allow that curiosity to draw them to me.

"What I've found is the less I do in the beginning, the quicker it goes."

"Natural colt starting should be this wonderful, beautiful, seductive experience, so that the horse begins to think the whole thing is his idea, and he wants to come back for more the next day."

After helping a colt gain confidence, Pat works on gaining the horse's acceptance. For him, acceptance means that the colt has accepted the halter, accepted the placement of the saddle on his back and the girthing of the saddle and then accepted a person climbing into the saddle.

"One of the biggest mistakes I made when I first started is that I was going to do it to the colt, not with the colt and for the colt," Parelli says. "Used to be, somebody would walk the colt in to me, and the first thing I'd do is jerk off the halter and start shooing him around. It was like, 'I'm going to teach you to come to me.'"

"I didn't realize that if I'd taken a little softer approach—left the halter on, let him sniff me a little bit and walk around with the lead rope—we would have already been connected. I used to destroy that connection right away."

That same patient Parelli principle (let it take the time it takes) applies to saddling a horse and, finally, to riding it.

"Again, I don't want the horse to be reactionary," Parelli says. "I want it to be a shared experience. So when I get on a colt's back I just want to be a passenger until he asks me for more, and when he asks me for more, I'll give him a little guidance."

Guidance usually comes from the hackamore, and later the bit. Once a horse accepts the hackamore and the suggestions it gives, it begins to understand what its rider is asking it to do, and the communication lines are opened. Positive results soon follow.

"I like to think of colt starting as the first handful of rides," Parelli says. "To me, when the horse is over the hump,



PHOTO BY COCO

which oftentimes is after five to ten rides, and he's got acceptance, understanding and guidance, he's started."

Sweet Notes

There is no exact timeline to follow when starting colts. No two animals will be alike, and each may require different training exercises to get it through acceptance, understanding, guidance and results. Accordingly, Pat says, owners who are looking for a scientific formula for starting a colt are likely to be disappointed.

"I think the trap that most people fall into is that they want things to be automatic," he says. "Or if they did something with a previous colt, they want to follow that same



The Year of the Colts and Wild Horses

Sometimes themes have a way of converging in your life. This year the themes of horse taming and colt starting are converging for Pat, and we're lucky enough to be along for the ride!

February 25–27 Pat will compete at Road to the Horse, dubbed the World Championship of Colt Starting, before undertaking two special Parelli road events.

May 6–8 in Fort Worth, Texas, Pat and the Savvy Team will explore the differences between starting young horses raised in town on small holdings with lots of attention and starting ranch-raised horses that have had plenty of room to roam but far less human interaction. Atwood Ranch and the legendary Pitchfork Ranch will supply a cadre of well-bred ranch-raised colts, while local demo horses will represent the "townies." A hand-picked team of the best Parelli colt-starting specialists will show how to build a natural foundation for success as Pat rides herd and gives guidance from outside the round pen to fan the flames of learning.

July 29–31 the Parelli team will head west to Reno, Nevada, where, with the help of the Bureau of Land Management and the Mustang Heritage Foundation, the Savvy Team will shine a light on the topic of wild horse taming. The team will help the gathered mustangs discover partnership and purpose. As the relationship develops in each of the round pens Pat will offer guidance, humor and tales of mustang tamings past for what is sure to be a sold-out crowd.

step-by-step procedure and get the same results. It doesn't usually work that way. Every horse is different."

A no-timeline theory also applies to each training session. Parelli remembers being told at age 15 that he should never work with a colt for more than 20 minutes—a philosophy he abandoned long ago.

"After that 20 minutes I'd be like, 'Whoops, sorry, time's up,'" he says. "Now I never say never. I just follow the acceptance skeleton and give the horse as much time as he needs.

"To be honest, I've gotten to where I don't put any rules of time on starting colts. I went into a print shop one time and it said, 'We offer three things—speed, quality and price. Pick your two.' The same thing applies to colt starting. If the speed has to be there, the quality or price may suffer. If you pick quality, the price will go up, the price of more time spent."

"You want to just work with the colt and end on a sweet note. The sweet note will make the colt say, 'Hey, you coming back again tomorrow? I hope so.'"

Instead of speediness, Parelli concentrates on successes, making sure each training session ends with a good experience for the horse.

"You want to just work with the colt and end on a sweet note," he says. "The sweet note will make the colt say, 'Hey, you coming back again tomorrow? I hope so.'"

There was a sign at the entrance of Pat's ranch in California that read "The Parelli Horse Ranch. The Foundation Station, Specializing in the Lost Art of Starting Colts." In fact, Pat is trying to make sure the delicate procedure of colt starting is never lost or confused with other stages of horse training. To do this, he intends to keep teaching his experience-driven theories—and those of his mentors—as long as he is able.

"Tom used to say, 'Put your heart in your hand, and touch your horse with your heart,'" Parelli says. "It's not about the technique. You've got to have skill, but if you'll do it at the horse's pace, it will get so slick it's unbelievable.

"Like Tom said, 'It looks like magic, but it's not. It's not supernatural, it's supremely natural.'" 🐾

PAT PARELLI PRESENTS

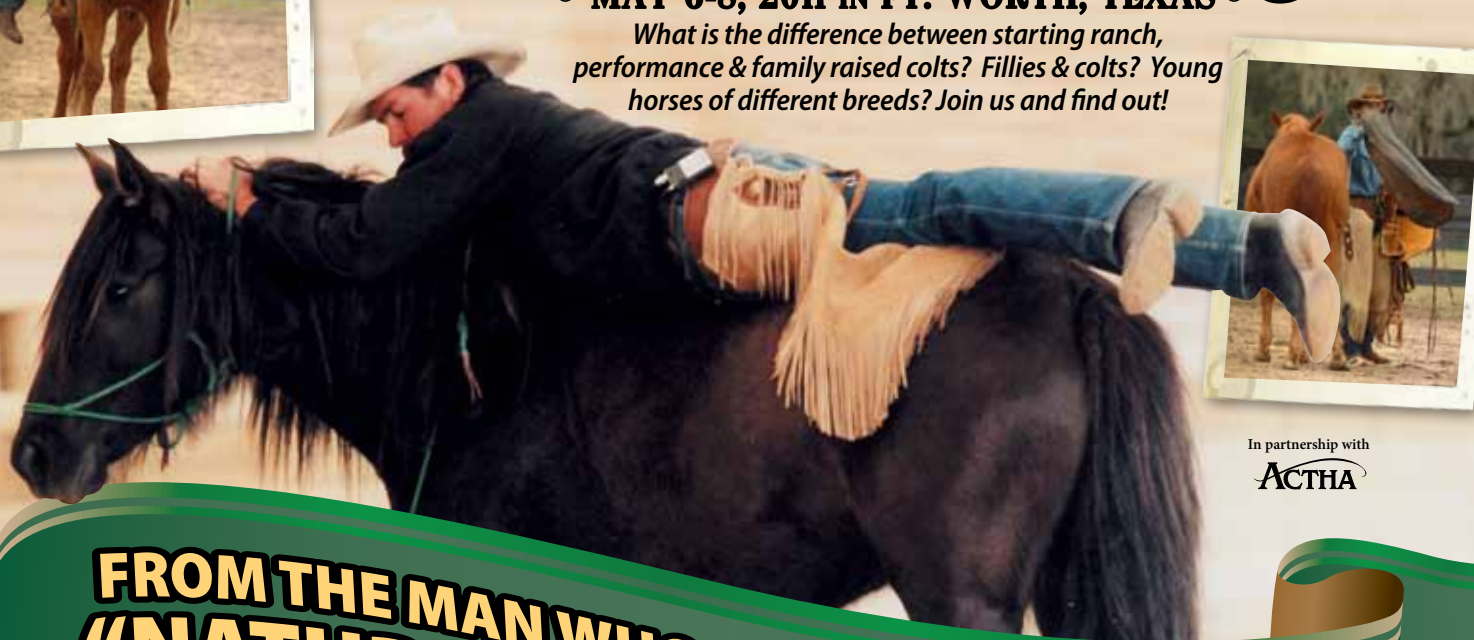
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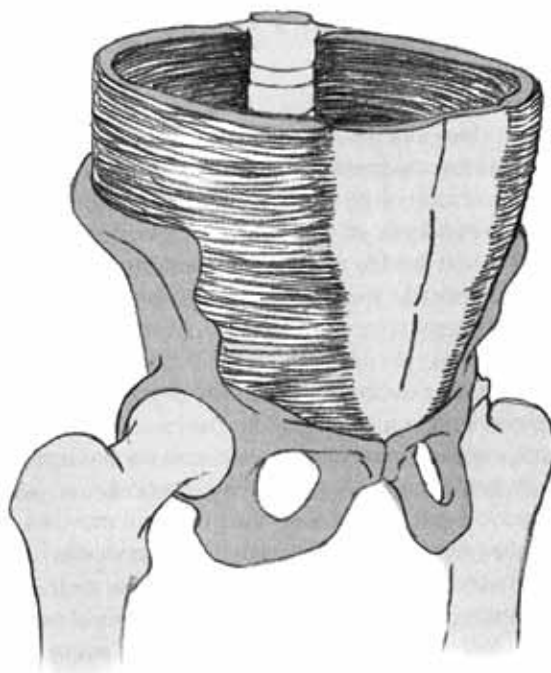
MORE CORE!

Finding Your Lower Abs

by Janice Dulak

In my last lesson (“Controlling Your Predator Muscles,” Nov. 2010), I gave you a game to play to help you improve your posture. The game was to find your core abdominal muscle, the *transversus abdominus*, by having you pull your stomach in and up while you were driving, brushing your teeth or doing any activity. This is the place to start developing your core muscles, which, when strengthened, will help balance your body’s naturally strong predatory muscles to create a more neutral posture. If you have been playing the “stomach in and up” game, you will be ready for the next step in developing your core, which is to find and engage your lower abdominals. Developing your core step by step will promote better posture. Remember, good posture is essential for the nonverbal communication you have with your horse every day, whether you know it or not! The better your posture, the more clearly you will be able to “speak” to your horse.

So what exactly are the lower abdominals? Your lower abs are the abdominal fibers that are below your belly button and above your pubic bone, which includes the lower fibers of your transversus abdominus. The lower abs play an important role in keeping your pelvic bowl sitting correctly on your femurs. Let’s talk about what this means.



The transversus abdominus is your core muscle, and its fibers encircle the spine.



The Fishbowl Factor

Imagine a goldfish bowl, the kind some of us had as kids—a flat-sided bowl with a round rim at the top. Now imagine your pelvis is a goldfish bowl with the rim at the top being your waistline, so it circles your body.

Visualize the bottom circle of the bowl as the bottom of your pelvis, with one side your tailbone and the other your pubic bone. If you were to fill the bowl with water and you had correct posture, the water line in the bowl would be level. If the top of your pelvic bowl is tipped forward (which would mean the tailbone lifts up and pubic bone drops down), all the fish will fall down the fronts of your legs toward your toes. If the top of the bowl is tilted back (which would mean the pubic bone is lifted up and the tail tucked under), all of the fish will fall down the backs of your legs toward your heels.



Left: The Fishbowl Factor—spilling the fish on the floor in front of you. This happens when you are not engaging your lower abdominal muscles.

Right: Correct posture of pelvis on top of the femur.

When you imagine your pelvis this way, you can easily begin to examine your pelvic bowl and see if it is sitting correctly on top of your femurs, or thighbones. To do this, stand with your body sideways to a full-length mirror without looking in the mirror. Don't move and look at your body in the mirror. It has been my experience that due to our over-tight and strong predatory lower back, the water lines in most people's fishbowls are not level, and they are in danger of pouring all the fish down the fronts of their legs!

So what do fish have to do with posture? Nothing, of course, but I hope the image helps you learn to feel what your tendencies are in regard to posture. If your pelvis does not sit level on top of your thighbones (femurs), then you cannot have correct skeletal alignment, which is essential for proper posture. As I mentioned above, most people (especially women) tend to tip the top rim of the fishbowl forward so the fish hit the floor by the toes. This posture indicates that the tailbone is lifted up and the pubic bone is tipping forward and contributing to a hollow or tight lower back. Following the same thought that was in my first article (that sometimes we don't even know we have muscle imbalances), you can see that this posture can feel normal because of those naturally strong or tight predatory lower-back muscles.

When you have this imbalance from front to back, with your lower back tighter and your abdominals looser, pulling your stomach in and up will begin to correct the imbalance but not necessarily affect how the pelvis sits on your femurs. Here is where the development of your core becomes clear. To make more headway in your quest for better posture and to reduce the effect of your naturally strong predator muscles, you will need to find and learn to engage your lower abdominals. Engaging your lower abs will actually help to lift your pubic bone and lower your tailbone so you can find a level water line.

Get in touch with your lower abs

Now let's find the lower abs. You are going to add this to your "stomach in and up" game. Standing, soften your knees. What? Yes, soften your knees. Many people stand with their knees locked, and locked knees are in cahoots with the tight lower back. With soft knees, pull your stomach in and up. By now you should feel a definite lengthening in your lower back. Keeping your stomach in and up, engage your lower abdominals. You can do this by feeling you are going to draw your pubic bone up toward your belt buckle. You will probably feel an additional stretch

in both your lower back and the fronts of your thighs at the tops of the legs. This is the beginning of what is called, in dressage, opening your hips. As you add the engagement of your lower abs (to pull your pubic bone up) to pull your stomach in and up, your pelvis will begin to come closer to sitting correctly on top of your femurs—a better position for your seat on your horse.



Left: Locked or hyper-extended knees cause the pelvis to become unlevel. **Right:** Softening the knees will help to correct posture.

Rock to the back edge of your seat bones

Another way you can find your lower abdominals pulling your pubic bone up is what I call “Rock to the back edge of your seat bones.” This feeling is exactly where you want to sit while riding your horse. Seated in a chair (or on your horse), rock to the back edge of your seat bones as you pull your pubic bone up toward your belt buckle. When you do this, be sure your stomach is in and up so you don’t collapse. You may feel your chest collapses a little when you do this, but don’t worry! We will address that in another article. For those with really tight low backs, using the lower abs will help keep you on that back edge of your seat bones when you tend to want to arch your lower back in the saddle.

Better posture, stronger core

Adding the engagement of your lower abdominals to your “stomach in and up” game will continue the development of your core. Building strength in these core muscles is a developmental process that takes time, and believe it or not, it will soon feel natural. Using your core will not only improve your posture and help those achy lower backs, it will also help you feel more muscles in your body that you can “live in.” By this I mean that you can learn to overcome adverse affects of your predator muscles by use of your “anti-predatory” muscles. This will be especially beneficial when you are in the saddle.

By working on your physical self you are becoming a better partner for your horse. And isn’t it fantastic that you can actually work on being a partner for your horse and improve your posture while you are at work, in the grocery store or driving? 🐾



Left: Sitting on the front edge of your seat bones creates incorrect posture in the saddle.



Right: Rocking to the back edge of your seat bones with the use of your lower abs will keep your seat position correct in the saddle.

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THE FOUR SYSTEMS

by Nate Bowers

of Harness

At Parelli, one of the first things we learn is that the foundation comes first. No matter what, we should take the time it takes. This applies to both our horses and ourselves. In this series of articles on driving, my goal is to give you a better foundation for driving so you and your horse will benefit from starting at the start and taking the time it takes. I believe that you first learn harness, then you learn how to drive, then you learn how to train a driving horse. If you don't follow this path, you will not be setting yourself or your horse up for success.

Before you start driving horses you need to understand the four systems of harness. I hear every day from people who have gotten into wrecks that could have been avoided if the driver had an understanding of the four systems of harness. These four systems are what make you and your horse safe when you are driving. If any one of these four systems fails, you will have trouble. The four systems are steering, braking, pulling and communication. Whenever I look at a horse and harness I evaluate whether or not these systems are in good condition and whether they are applied correctly. We'll discuss the application of the four systems of harness in a future article. For now I want to help you identify the four systems in basic American-style harness.

The Steering System

The steering system on a team of horses in work harness is the collar, hames, breast strap and coupler snap. Your vehicle will be turned left or right by these pieces of harness.

If you are looking at a single horse, then the saddle and shaft loops will do all of your turning and steering.

The Braking System

The braking system on a team of horses in work harness is the britchen, quarter straps, pole strap and coupler snap.

The braking system on a single horse is the britchen and hold-back straps. Hold-back straps are quarter straps that are hooked into the shafts instead of the pole strap.

The Pulling System

The pulling system on a team of horses in a work harness is the collar, hames, traces and toggle chains.

The pulling system on a single horse is the breast strap and traces.

The Communication System

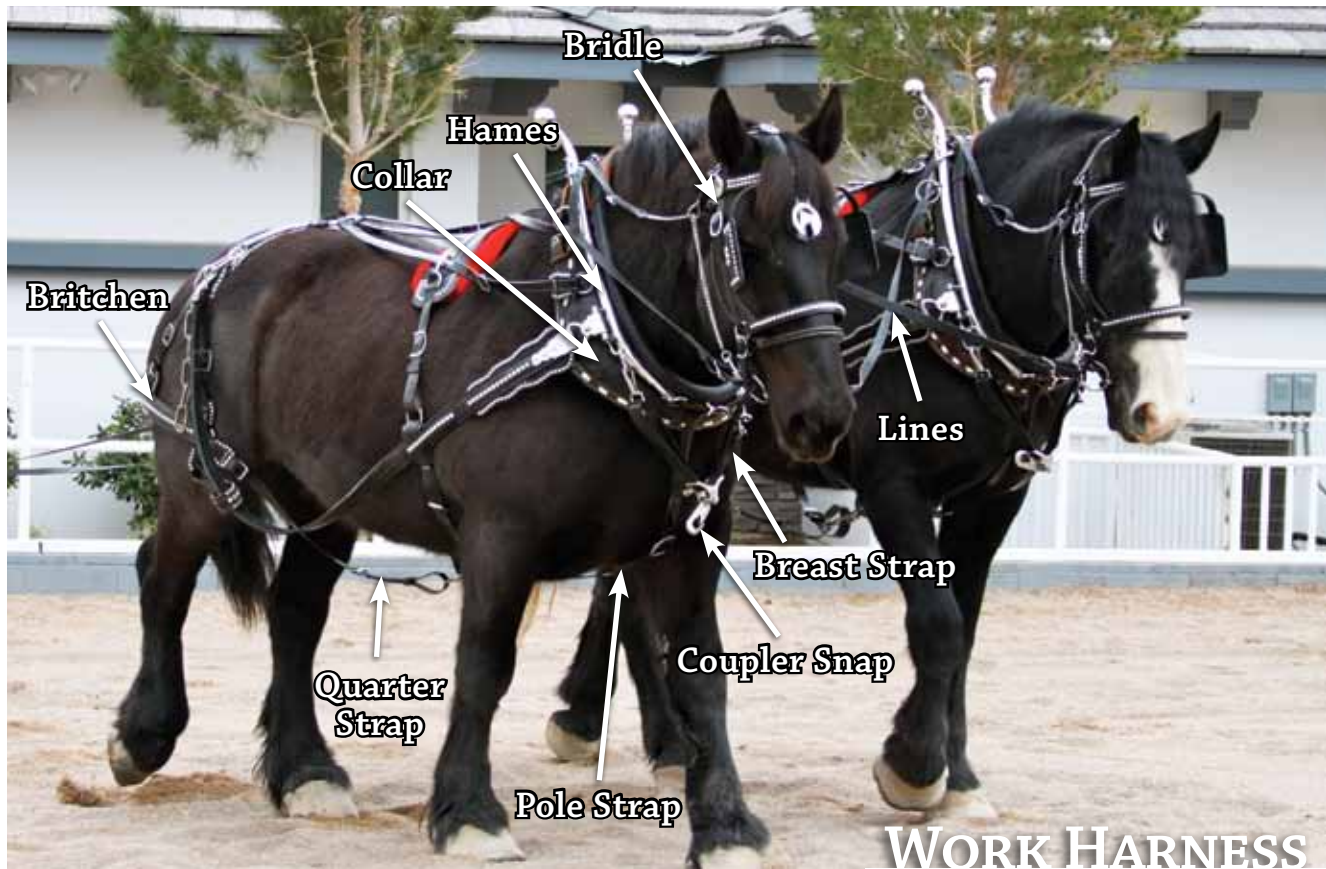
This is the most important system of the harness because it is your connection to your horse. If this system isn't correctly applied or if it breaks, you will no longer be able to communicate with your horse.

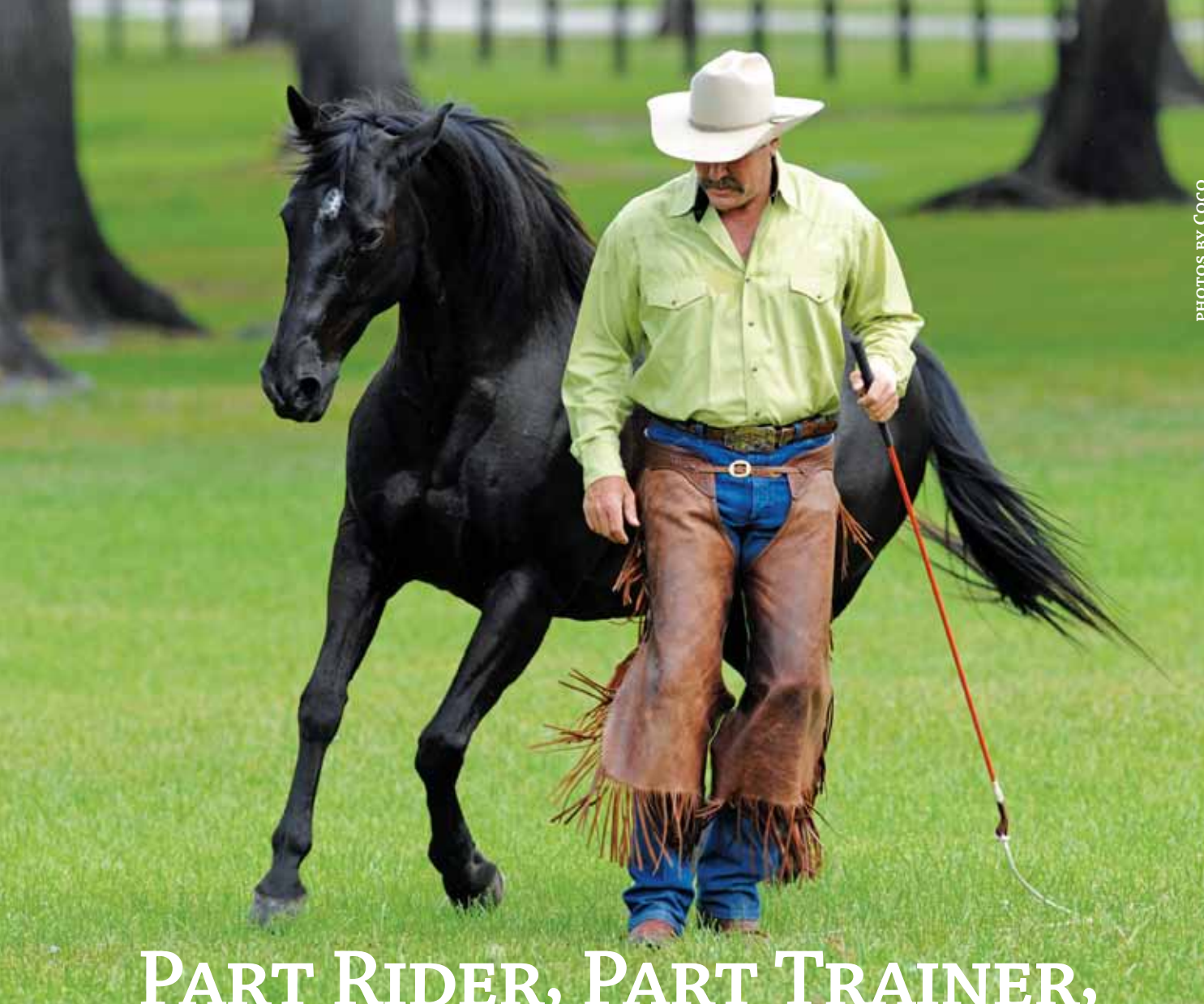
The communication system on a team of horses is the lines and bridles.

The communication system on a single horse is the reins and bridle.

Everything else that you see on the harness is there to keep these four systems adjusted and in place. A good way to prevent a wreck with a horse is to make sure that these systems are functioning correctly and check that they are in good condition. Once you understand the systems of harness you can start to think about proper adjustment, which I will discuss in the next article in this series. 🐾

Nate Bowers is the owner of Bowers Natural Driving, based in Fort Collins, Colorado, and teaches across the US.





PART RIDER, PART TRAINER, *Part Psychologist, Part Behaviorist*

by Linda Parelli

One of the worst things that happens when you first get into horses is that you think all you have to do is just get on and ride. No wonder there are so many failed relationships with horses! Most horses have a justifiably negative opinion of humans and have learned behaviors that range from frustrating to downright dangerous.

What if, from the first day you dreamed of having a horse, you were taught that your job is to learn how to bring out the best in your horse, and that sometimes riding cannot be your major focus, that you might have to act as a trainer — or psychologist or behaviorist or all of the above — first. Then it would make sense that you have to learn to become a horseman, because a horseman is part rider, part trainer, part psychologist and part behaviorist. A horseman is way more than just a rider, but is a great rider too.

Part Rider

There are two components to riding:

1. Not falling off, going with the flow.
2. Developing and advancing your skills.

It's the second one that is the key here, because it's not until your horse is calm, confident and willing that you can work on yourself to improve your feel, posture, position, technique and advance your skills.

This is also why "school masters" are so valuable. They have their act together, they know their job and they can put up with the mistakes riders make as they are learning. Pat expresses this in #7 of the Eight Principles: "Horses teach humans [...]" because he knows how valuable it is for riders to learn from experienced horses. Unfortunately not all of us are lucky enough to have access to that kind

of horse which is why becoming an excellent rider sometimes takes longer than it should.

Part Trainer

A trainer is a teacher, and it is your responsibility to teach your horse what you need and want him to know. As his teacher you need to be a good communicator, have a plan, and be knowledgeable, disciplined, patient, and focused. You need to be able to blend consistency and variety in the right proportions, to solve and prevent problems, and to make progress as soon as your horse is in a learning frame of mind.

Part Psychologist

In the Parelli program you learn a lot about how to use equine psychology to influence your horse's mind, rather than manipulate him against his will using physical force. It's about getting your idea to become your horse's idea, but understanding your horse's idea first. Essentially this means you need know what strategies calm or motivate a horse, when to retreat or use reverse psychology, and when to advance and make rapid progress.

Part Behaviorist

Understanding horse behavior takes the mystery out of horses, and the key to understanding the individual horse is "Horsenality." Not only does this allow you to understand why your horse behaves in a certain way, it informs you of potential behavioral patterns. You'll know how to design productive training sessions, when to speed up or slow down, and you'll stop bringing out the crazy, unpredictable, lazy or naughty side of your horse. The end result



is that the horse can't help but connect with you because you "get" him and know how to communicate with him in a way that dissolves barriers.



Be a Horseman

By using all your skills as a horseman you'll bring out the best in your horse by slipping effortlessly from one role to the other exactly as needed. When your horse is afraid or loses trust and confidence, you'll understand him and help him regain his confidence and trust in your leadership. When your horse resists or shuts down, you'll know how to encourage his ideas or wait until he asks you a question. When your horse is calm, trusting, motivated and willing, you'll get to work on the subtleties of becoming an excellent rider. Even though "rider" is first on this list, for the good of the horse it's the thing you get to focus on last. One day it will all be seamless — you'll do it all, all of the time. And then, in your horse's eyes, you are a real horseman. 🐾

PROBLEMS VERSUS

Progress

by Linda Parelli

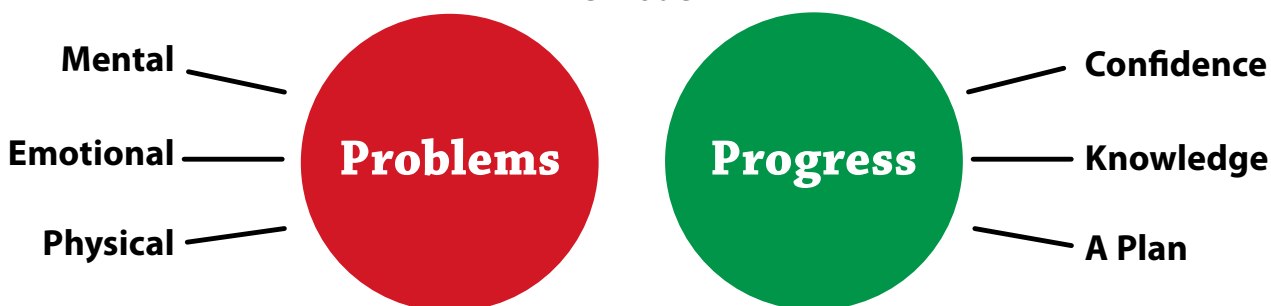
When training yourself and your horse, you are really doing only two things: fixing problems or advancing and making progress.

You can't do both at the same time, and I think that's what hangs a lot of us up. We try to do more advanced things and ignore or wrestle with the problems; we keep trying to do the task despite the resistance or emotional fallout from our horse. It's easy to get over-focused on

something and push through the resistance you feel in your horse. Most people do it. But when you learn how to think about problems and progress as two different things, it helps you to become a better teacher for your horse.

In this article I want to give you a model that will help you differentiate between problems and progress so you can be crystal-clear on what the priorities are at any moment, and therefore more effective.

The Model



It's important to see problems and progress as two distinctly different pieces. Notice that the circles don't overlap. It is vitally important that you know you can't advance when you have problems, and you have to solve problems before you can advance — whenever they come up. That's why I've color-coded red for the Problems circle — to help you think "STOP!" — and green for the Progress circle, so you know you need to "GO."

When we say, "Put the relationship first," it means problems have to be thought of as more important than the task. This means that when you feel any kind of resistance or emotion, you have lost trust, confidence, motivation or willingness, and you need to do whatever it takes to restore that, even if it means temporarily abandoning the task.

Your horse's Horsenality™ will give you clues as to what kind of problems you might have

When you truly understand the psychology of your horse, you'll appear almost psychic. This is because the types of problems each Horsenality™ has are identifiable patterns. As my teacher Glynn Braddy said years ago, "There's nothing psychic about looking into a rut and seeing where someone is going." Same with horses. It's easy to predict behavioral problems, because the Horsenality™ is vividly displayed, whereas the more balanced and centered a horse (i.e., well-managed), the harder it is to tell what they are.



In addition, problems may show up as displaced behaviors, such as:

- Head-shaking
- Lip-popping
- Tongue-hanging
- Tail-swishing
- Napping (when horses try to leave an area where they feel pressured)

Or more subtle signs like:

- Loss of rhythm
- Loss of relaxation
- Loss of contact (mental or physical, as with the bit)

When you look at this list it really makes sense that you need to know how to solve the problem before you can make real progress. In fact, many horses develop displaced behaviors because they've been pushed through thresholds and the fact that they are having emotional problems has been ignored.

Real progress can only occur in the absence of problems

Think about it. If you're trying to do flying changes or a Clover Leaf pattern, and your horse is tense and impulsive, he is not going to learn anything, and the whole thing is going to be a struggle for both of you. Sure, he might do it, but he won't be better tomorrow, mainly because it was not a positive experience. You have to solve the problems of tension and impulsiveness before you can improve your horse's performance. In this case, if your horse is impulsive,



Left-Brain Extrovert

Loss of willingness, confrontational, braciness, crookedness, disrespect, headstrong, tantrums

Left-Brain Introvert

Loss of motivation, dullness, slow to respond, won't go forward, tail swishing, shuts down, robotic



Right-Brain Extrovert

Fear and safety Issues, anxiety, tension, braciness, high-headedness, herd-bound, impulsive, frantic and bracey

Right-Brain Introvert

tension, hesitance, distrust, spookiness, inconsistency, worry, ears back, hesitant to move, tendency to explode and go RBE



a Clover Leaf is the wrong pattern. You need to change quickly to a Bull's-eye circling pattern, because circles are soothing and you don't have to hold the horse back, which will also diminish the tension.

Sometimes the problems are minor; sometimes they can be huge. It doesn't matter, because all problems impede progress. You need to address the slightest change.

To illustrate this, I love to use the analogy of the potter's wheel. The horse is the clay, and you are the potter. Everything is going great; the clay is beginning to form a lovely bowl. All of a sudden it gets a wobble. In that moment either you do less sooner and quickly get everything balanced again, or you miss the moment and it all goes horribly wrong. You have to stop the wheel and patch up the clay and start all over again. Worse yet, everyone could see it fall apart.

As a horseman, the goal is to effectively address the tiniest wobble, when no one would even see that anything happened. But if you are too late, you see the horse rear or run off, freeze up, quit or buck. That's why, as you get more savvy, people can't even see you having and fixing problems, but you're doing that all the time — just like forming that bowl on the potter's wheel.



Make progress!

Now, when you and your horse are confident and have harmony, do something new! Making progress means learning a new skill, increasing the gait, advancing through your Levels tasks, learning the ingredients of a new maneuver.

Sometimes we've become so used to dealing with problems that once the horse is calm and connected, we don't think of doing something new.

If you have a challenging horse, you use the Parelli Program to get control. Then you build a language via the Seven Games and use daily exercise strategies (Patterns) to build the relationship and foster confidence and good behavior. Because you do this every day, it becomes what you do, and you end up doing the same thing day in day out for months, even years, and not really making progress. You're stuck in Level 1 or 2 "jail," doing the same things over and over, which can create new problems by causing boredom and loss of respect in your horse.

Most of your efforts need to be focused on getting into the Learning Zone. When you are (or your horse is) right-brain or out of harmony, you can't learn anything positive or expect lessons to stick. The goal has to be harmony and confidence, and in that state both you and your horse are super-learners. Now, as a super learner, don't make your horse do the same thing over and over and over and over and over again, or he'll get bored, distressed or defiant. Just do it a few times to make sure you both understand what it is you achieved, then move on—even if it is not perfect. It's the tiny repetitions over time that build proficiency.

A living example

So how do you balance all of this and keep perspective? Let me demonstrate this model using my new horse West Point (Westy).

Westy is a magnificent Hanoverian gelding that Lauren Barwick found in Ocala. She was hoping she'd found her next Olympic partner. He had some significant behavioral problems, such as serious spooking, rearing and flinging himself out of the competition arena, not to mention hanging his tongue out the side of his mouth when he felt the slightest pressure on the bit—and these problems were worse and more deeply seated than she had at first thought. Sadly for Lauren (but happily for me!), she had to make the tough decision that despite the remarkable progress he had already made via the program, he was not going to make it as her international partner for the 2012 Para-Olympic Games in London. She needed to be free to find that horse, and I jumped at the chance to acquire West Point, having secretly coveted him from the first day I saw him! It was also an extreme test of my recent research around the Game of Contact (riding with contact meaning

a positive and engaged connection between the horse's mouth and rider's hands using a snaffle bit).

Unlike Lauren, in my position I am equipped to deal with serious problems because my goals are not competition-oriented; they are research- and teaching-oriented. So I love big challenges and puzzles to work out. As I got to know Westy I started figuring out his problems and positioned them against our ability to make progress together. He already had much of the Levels program in place but would still fall apart in the competition environment and could not be ridden in a snaffle or his tongue would wave around outside his mouth. (Note: he was great in the Cradle with the C3 mouthpiece because it has maximum tongue release.)

Here are the assessments I made:

Westy's Horsenality™ is Left-Brain Extrovert on the cusp of Right-Brain Extrovert, so that would put his dot at about 11 o'clock on the chart. He quickly goes right-brain, but he also quickly comes back to left-brain. He is extremely claustrophobic, spooky, cocky, charismatic, curious, opinionated and quick to move his feet, thankfully in a forward manner rather than catapulting into the air like my beloved Trakehner, Allure (center Left-Brain Extrovert). It's hard to engage his brain until his feet have moved as much as they need to, so read that as "encourage him to move until he wants to think." To make things more challenging, he has a very high spirit, and spirit is an amplifier; it enhances the good as well as the bad!

Westy's baggage: As a seriously talented athlete, West Point was pushed to perform before he was mentally and emotionally ready. As a result he developed phobias in relation to both the sports-training and competition environments, and these showed up as fear, unconfidence, spooking and tongue-hanging. And just so you know, his fearfulness and spooking were significantly violent, an 8 on the scale of 1 to 10. I experienced it a couple of times, but Lauren dealt with the bulk of that when she first got him.



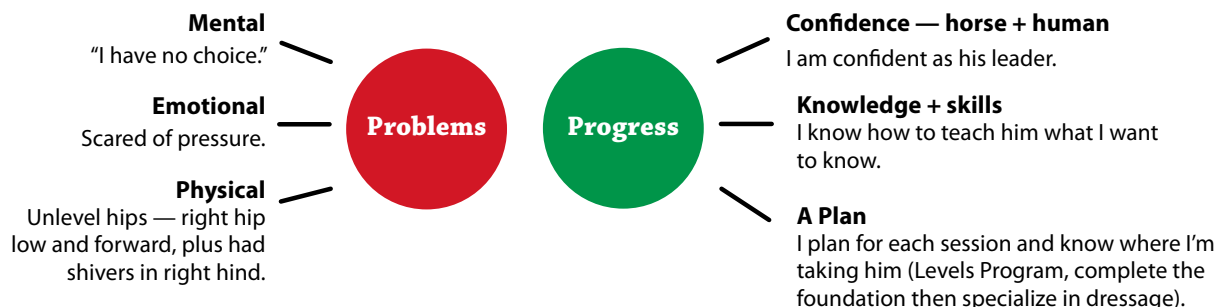
Assessing problems vs. progress

The progress part is self-explanatory, so I'll focus on the problem areas. As you can see, Westy's are in all three areas — mental, emotional and physical — and each of them needs to be solved in those departments. I felt that I had the savvy and support to solve the mental and emotional ones, but I needed an expert in the physical area. Let me go through them in more detail so you can understand more clearly the concept.

Mental—"I have no choice"

The biggest issue is Westy's problem with contact. I firmly believe that this translates to "I have no choice," which for a Left-Brain Extrovert is a serious dignity problem and leads to significant displaced behaviors, in this case tongue-hanging. Somewhere in his sport training Westy was forced to display his magnificent gaits, and when this goes wrong it's because there has been too much pressure on the reins at the same time as the rider is driving the horse forward. So the horse feels blocked.

Lack of choice for a Left-Brain Extrovert horse equates to life-threatening fear or a level of stress and anxiety that makes you want to bang your head against a wall, as might



It was really the missing piece for us.

The Cradle Bridle is revolutionary. I bought one for Maggie, my willful Left-Brain Introvert Swedish Warmblood mare, but was very hesitant about using it. I was afraid that she might just rip it off and stomp it on the ground or something. Anyway, when I began to put it on she immediately jerked her head up, but I got it on her after a little approach and retreat. When she finally took it in her mouth she immediately relaxed and dropped her head to my knees, and I easily put the headpiece over her ears (a first). To be honest, I haven't used the snaffle on her in over a year because she was so awful in it. I played with her on the ground in the Cradle, and she was completely relaxed and accepting of it. Ordinarily, when I get on her she turns to the right and looks at me as if she is sticking her tongue out at me, and sometimes she acts as though she is going to bite. She didn't do that at all this time. Her head was dropped, and she was relaxed.

I rode her in it, and she was amazing. Two of my students were there and saw me ask her up into the canter, and I thought that she was getting ready to buck the whole time, but she was actually just very round and collected (I have never felt that much collection before). I have been working a lot on collection On Line, at Liberty and while riding but never had that much success riding her. It was really the missing piece for us. I thought she was pretty powerful before, but wow! She even offered a passage while I was riding her. When I took the saddle off I noticed that her sweat pattern was completely even, whereas before she typically had a little dry spot on her left shoulder. I think that was because she was not completely using herself, and the bridle has allowed her to do that by helping her collect herself that bit more. All of my students are really excited about the Cradle as well. I had a student try it in her lesson yesterday, and her crabby Left-Brain horse was completely different—soft and forward, no resistance. —Kelly

For more information visit www.parelli.com



Big Rings give you more direct contact with the bit.



Small Rings reduce the direct contact of the bit and engage the noseband more.

Your horse will tell you which ring position he prefers (Big or Small Rings), and it's easy to switch from one ring to the other as you experiment or the situation changes.

Cradle Bridle



a prisoner or captive animal in severe mental and emotional pain. It is extreme, and you realize that the only way to change that horse's experience of life is to give him back the feeling of choice or freedom. Feeling that horses do not have conscious choice when owned by humans, how can I make his life with me even more desirable than being wild? How can I give him that feeling of freedom without setting him free?

I zeroed in on the Game of Contact as the most powerful way to teach him that he had a choice. I would not force him into a frame; I would show him that he could choose to take the contact, to take my hand, and discover that he would enjoy dancing with me. So my primary focus is on that, every day, because I know that when he truly trusts me with a piece of metal in the most sensitive area of his body, he will trust me everywhere else.

Over the first twelve weeks the results have been fantastic. Westy's tongue hardly ever comes out anymore, and the only time it does is when we lose understanding, or when I start to pick up the reins and he is not mentally ready. When I first asked him to back up, he violently stuck his tongue out and kept it like that until he understood that the goal was to move his feet. Once he understood, his tongue went in and he backed up. (You can see the first time I explored this on Mastery DVD Issue 10, Nov. 2010. My message is "It's not about the tongue!") We've only done it a few times as of this writing, so as I continue to "pepper it in" every day and a new positive habit grows, his tongue won't come out anymore.

I ride a combination of FreeStyle — loose reins — and with contact at about 80:20 ratio in my session. I would not call it Finesse, because we don't do much with the

contact; we're just learning how to hold hands. I'm solving the contact problem, so it would be crazy to try and do something with it. I "pepper in" the contact like sprinkling pepper on your food—you don't pour it on, you delicately spread it around. I'm working on his mental confidence, proving to him that he does have a choice, and that is transforming his confidence in me as his partner. It's having a profoundly positive effect on our relationship.

Emotional—Scared of pressure

Westy is afraid of pressure. Actually, he is afraid of being afraid. Pressure made him afraid, and when he got frightened he was pressured to keep performing. As a graduate of the Parelli program, I know how to use retreat and re-approach to help build a horse's confidence, to not push him over thresholds, and I can use my understanding of Westy's Horsenality™. (What I love about being a student of Horsenality™ is that you get to feel as if you are psychic! You understand the essential needs and best practices way ahead of time; you can be prepared.) Being Left-Brain Extrovert, stopping, backing up and waiting does not make things better. You have to be more provocative at the same time, so I honor his worry and allow him to stop for a moment. Then I back him up and trot him toward the threshold. This may take two or three repetitions, but as we proceed it takes fewer, and his confidence in me as his leader grows significantly because he knows I "get" him.



Physical—Unlevel hips and “shivers” in his right hind

Having learned about Healthy Stride and the value of a physically balanced horse through Remmer’s problems some years ago, I knew that Jim Crew was the man to help address Westy’s physical issues. Being all about postural balance and limb alignment, this is way more than trimming or shoeing. I knew he would be able to resolve the physical issues, and I relied greatly on his expertise when it came to assessing Westy’s physical health, his future capacity and his athletic longevity. Being only nine, but with significant physical imbalances in his hind end, he was likely to have serious issues show up around the age of 11 or 12, so I wanted to make sure that my next super horse was not going to be compromised a couple of years down the track.



PHOTOS BY COCO

After the first session with Jim, the change in Westy’s ability to use his hind legs more equally was astonishing. The shivers also disappeared; but when he felt stressed, instead of violently shaking his leg, he would suddenly pick it up and then put it down again, almost as if it was a memory of something he used to do but no longer really needed to.

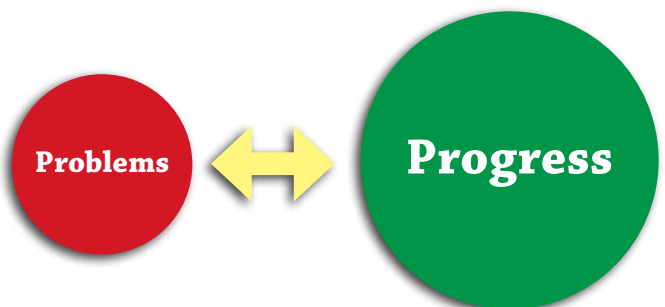
Here’s something you might find interesting that Jim points out when there are physical issues: “Steering problems—front end. Emotional problems—hind end.” When you have ongoing problems with crookedness, gaits, canter leads, even unexplained lamenesses, it pays to do a physical assessment of your horse to make sure that there is nothing out of alignment that is going to interfere with your horse’s ability to deliver what you are asking for.

About progress with Westy

We have not really advanced much in terms of Level or maneuvers because we are focusing on the key problems. One could ask, “Why not work on the other Savvys?” Mainly because these are already at or close to Level 3, and it’s the relationship that is at risk. I’m putting the relationship first and getting to the root of the trouble before trying to do anything advanced or fancy with him. I know that will come easily once I’ve taken the time it takes.

Every day I play with Westy I see the size of the problems diminishing and the distance between the two circles, PROBLEMS and PROGRESS, getting smaller. So I am making progress in terms of reducing the problems, and I’m looking forward to making progress when we can start to really dance together in complete trust and harmony.

Finally, the distance between the red circle (PROBLEMS) and the green zone (PROGRESS) is what helps keep you on track and motivated, because you now know that as problems diminish, real progress can be made. You just need to be clear on what it is you’re working on. 🐾





A Quick Guide to Solving Problems

Problem	Solutions
Tension	Partial disengagement, consistency, circles, downward transitions, slow down and take the time your horse needs.
Fear	Retreat, retreat, retreat and then reapproach. Remember, "It's not about the..." It's about your horse's faith and trust in you.
Distrust	Slow down, retreat, wait (the next move is his), consistency, no surprises, feel for him and wait for him to feel for you—mentally, emotionally, physically.
Motivation	Ask less, wait more, be more mentally intense (vs. physically animated), make it a game, straight lines, big rewards for tiny efforts, have a sense of humor, do something new or unexpected (unpredictable!).
Willingness	Be more interesting, provocative, active. Encourage the horse's ideas, do something new or unexpected, have a sense of humor.

Refer also to information about Horsenality™, the electronic Horsenality™ Report, and my article called "The Ultimate Training Approach" (May 2009). This will give you more insight on how to think of training as a cycle in which you need your horse to be calm, trusting, motivated and willing: how to know when you have it and what to do when you lose it.

Quick Guide

Quick Guide: How the Parelli Program Helps You Solve Problems and Make Progress, Level by Level

As you can see, Levels 1 and 2 are more about solving problems than advancing. They pave the way for making a lot of progress in Levels 3 and 4 by first “cleaning the slate”.

Parelli Level	Outcome
Level 1 Solve fundamental communication and behavioral problems	Solve control problems; establish a common language with the Seven Games on the ground. Learn to use basic Parelli Patterns to exercise your horse mentally, emotionally and physically. Begin the journey of understanding and using equine psychology.
Level 2 Solve and prevent riding problems	Learn to prepare, saddle, mount, direct and control your horse at walk and trot. Stay safe both in and out of the arena; know when to get on and when to get off; learn fundamental patterns that give you focus when riding.
Level 3 Make progress, learn to ride bridleless, do Liberty.	Advance your horsemanship skills both on the ground (longer lines) and at Liberty, and riding—FreeStyle (without using the reins for control) at walk, trot, canter, stops and transitions. Learn more complex and psychologically powerful Patterns.
Level 4 Make progress in Four Savvys, learn to ride with contact, fundamentals of performance (English & Western)	Level 4 advances you on the ground and riding and adds Finesse, which uses precision and riding with contact. When you have contact with the most sensitive part of your horse—his mouth—you start to realize the enormity of trust it takes for your horse to be on the other end of that feeling and the amount of feel, timing, balance and savvy that it takes to be able to communicate with your horse this intimately. At Level 4 the Four Savvys of your foundation are complete (On Line, Liberty, FreeStyle & Finesse)
Level 5 Specialize: English, Western, Driving, Liberty, Performance, Competition, etc.	Now that you have a foundation, you can build on it. It doesn't matter what you want to do or how far you want to progress; you can do it—from pursuing horsemanship as an art to specializing in horse training, teaching, or succeeding in competition. You will take with you a deep understanding of how to use love, language and leadership in everything you do, totally respecting the horse and using communication, psychology and understanding to achieve your ultimate result.



COMMIT TO MENTAL, EMOTIONAL & PHYSICAL FITNESS

If you've seen Pat lately, you may have noticed that there's a lot less of him to love than there used to be. We're proud to report Pat has lost over 40 pounds. We asked Pat to tell us about what inspired him to make the lifestyle change and how he did it.

"Tootie Bland, [owner of Road to the Horse], who used to be Tootie Baily when I went to college with her, called me up and wanted me to compete in her event. I said, 'Nah, I don't want to.' She called again, and finally I thought about it and thought maybe I will go and offer a natural approach to colt starting and share what I learned from Tom Dorrance, Ray Hunt and Ronnie Willis. You know, this is something I've studied; I've started thousands of colts, and this was a chance to carry forward a legacy.

"Once I agreed to do this I said I need to be mentally, emotionally and physically fit enough to excel to my own standard. So I set myself a mark to lose weight and get in shape. I did it by doing two things: first, walking more, and second, riding more. That helped. So I thought I'd take it to the next level and put 30 pounds on my back and walk around the golf course with it. In Pagosa, at 8,000 feet, that's a pretty good little workout going the seven miles around an 18-hole golf course.

"A friend, Lou Petty from Ocala, called and wanted to meet up, so I said come to the golf course. Lou came walking up and had a guy with her who I didn't recognize. We hugged, and finally I said, 'Where's your husband?' Lou said, 'Tim is standing right next to you!' I would never have recognized him. He had lost an enormous amount of weight, like 90 pounds just since I'd seen them in the

spring. He looked great, no loose skin, fit as a fiddle, better than I'd ever seen him.

"I asked what he'd done, and he told me about the HCG diet he'd been on. The diet emulates a hormone pregnant women produce that encourages women's bodies to burn abdominal fat to protect a baby in lean times. Only in dieters, of course, it just burns that fat.

"We started asking around, and it turned out one of our staff was already on the diet and turned us on to the Body Shop right in Pagosa where we could get started. Caton, Linda and I all went on it at the same time. The results were amazing, and even though we were on this hormone-assisted detox diet, we weren't hungry, and we all felt better than ever.

"I've been telling everyone I care about that it has worked for me, so quite a few friends and staff have started now, too. Cindy at the Body Shop in Pagosa tells me that all together, over 900 Parelli Pounds have been lost among everyone who has done the diet so far.

"Now that the weight is gone I'm focusing on strength training and stretches. I exercise every day, I'm riding even more, walking the golf course, hitting 500 balls a week and feeling fantastic." 🐾

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Real Results.*

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AFTER

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SECOND HAND GOLD

by Teri Sprague

The Stages of Learning

As I progressed through the Levels, there came a time when I got confused and frustrated about how to use the phases. Were they supposed to be slow and deliberate, or fast and firm, or something in between? Then I learned about the stages of learning. By understanding the stages of learning and their goals, it was easy to decide!

Stage 1: Teaching

Goal: To communicate new ideas while promoting calm, trusting, motivated willingness and/or to direct and support while diminishing opposition reflex.

When teaching, phases go slow (with some adjustment for Horsenality™) and the release comes at the slightest try—if possible, at the thought. The phases will progress from a light phase 1 to an effective phase 4 in approximately equal intervals until the horse tries. A good middle-of-the-road timing is every three to four seconds, with slower intervals for introverts. For example, if you were teaching the Porcupine Game for the first time, you would start on the hair for 3 seconds, then increase to the skin for 3 seconds, then to the muscle for 3 seconds and then the bone for as long as it takes. (Remember to release at the slightest try!)



When teaching, phases go slow.



Reinforcing includes using the Games imaginatively or for a purpose.

Stage 2: Controlling

Goal: To maintain safety and/or establish leadership.

When control is needed, immediately match the horse's energy and intensity plus 4 ounces until control is obtained; then release immediately. If it is necessary to repeat the control-getting technique, double the correction each time for four times. Then return to matching the energy plus 4 ounces. For example, if horse steps forward to invade your space and you catch it on the first step, back the horse up two steps (double the infraction). If he invades your space again, back him up four steps. If he invades your space again, back him up eight steps. If he

invades your space again, back him up with more intensity, sixteen steps. If the horse should repeat invading your space a fifth time (rarely happens if you were effective), back him up only two steps.

Stage 3: Reinforcing

Goal: To develop positive reflex without assumption or fear.

To develop positive reflexes, use a long phase 1. If there is no response, go quickly to an effective phase 4. (Know what is effective for your horse's Horsenality™. Sometimes it's mental; sometimes it's physical!) This helps the horse understand that phase 1 is worth listening to. As a result the horse becomes lighter and more responsive, first when you are at close range and then at greater and greater distances.

Stage 4: Refining

Goal: To improve a maneuver or task, especially in speed, distance or precision/accuracy.

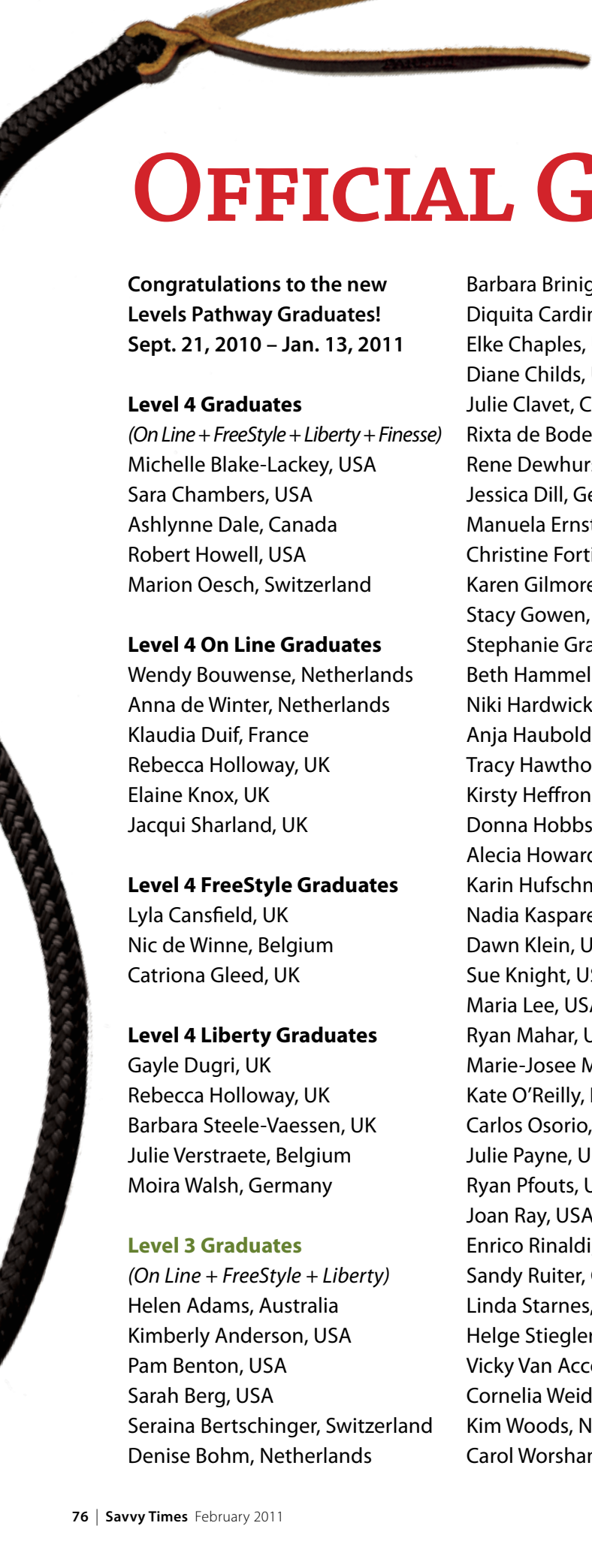
Every time after the first time you present a request, you want the horse to improve—at least a little bit. Thus there are some similarities between reinforcing and refining techniques. Refining improves quantity (number of steps), quality (distance away), speed or precision. Generally the 'long phase 1 followed by an effective phase 4' concept improves quantity, quality and speed — sometimes all at the same time! Precision, on the other hand, often requires slow phases (sometimes even slower than when teaching, because the action requested is tiny or very precise). Improving accuracy also requires more precise timing of the release. This helps the horse know he is on the right track without making him feel criticized or micromanaged.

Once you know and understand the stages of learning, it is simpler to apply phases effectively for each situation. 🐾



Refining means you try to improve the task every time you do it.

Teri Sprague is a Licensed 4-Star Senior Instructor and has been teaching Parelli since 1995. She is available for Level 1–4 clinics around the nation as well as for lessons at her headquarters near Ft. Collins, CO. Contact her at ts4pnh@yahoo.com or www.terisprague.com.



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**Congratulations to the new
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Diane Atlas	AR Chicks Red Fire
Bill Avery	AR Cash N Chex
Steve & Kathleen Bishop	AR Wildfire
Rebecca Carroll	Another Reality Chex
Cezanne DeCristoforo	AR Especially Vogue
Mike DeCristoforo	AR Aglows Smart Rio
Margit Deerman	AR One Smart Alibi
Katie Dockery	Dashetariat
David Ellis	AR Backfire
Barbara George	Bobby Bo Badgerette
Art & Letitia Glenn	AR Chex First Flash
Randy Harris	AR Lil Bit of Powder Powder River Smoker Ill Be Smartnplayful AR Sonita Chex
Jackie Hunt	AR Colonels Volley
Jessica Heidman	AR Peppys Powdergirl
Amber Johnson	AR Sarah Baracuda
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Nick & Ingrid Kram	Katsys Little Peppy
Tom Mertle	AR Duals Dainty Cat
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